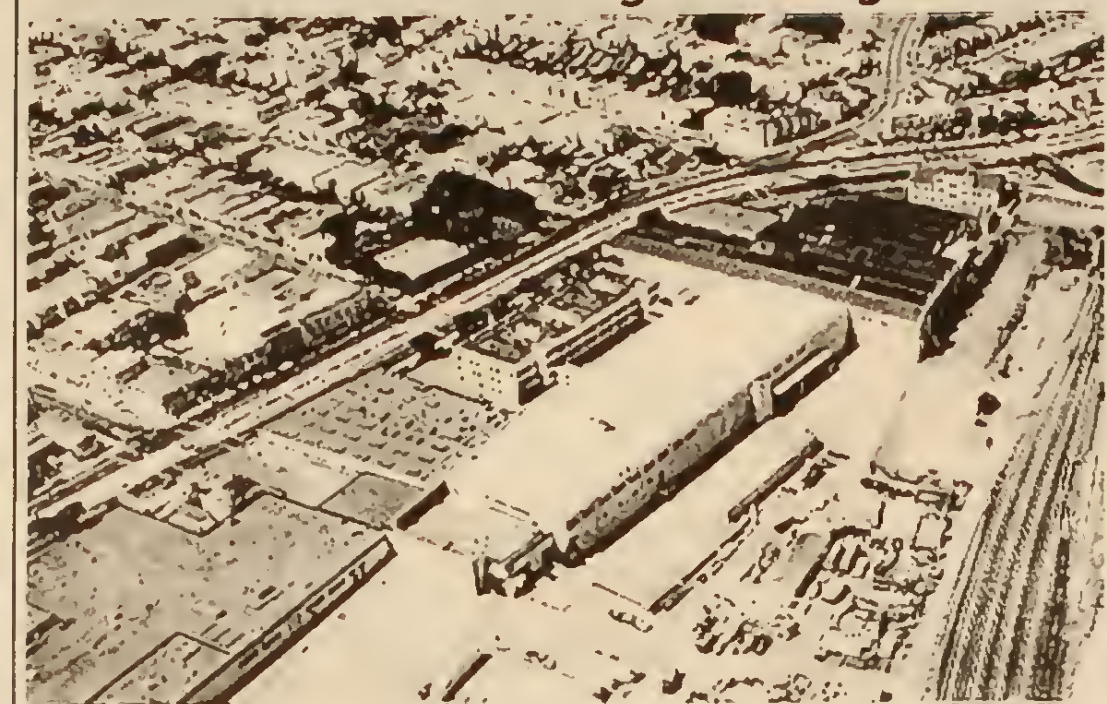


Commissions Give Green Light to Schlage Lock Site



Closed since 1999, the former Schlage Lock factory on Bayshore Boulevard will be the site of 1,250 new homes.

by Lila Hussain

The year 2009 could be exciting for Visitacion Valley. In the last month of 2008, both the San Francisco Redevelopment Commission and Planning Commission unanimously voted to certify the Final Environmental Impact Report for the proposed redevelopment of the long dormant 20-acre Schlage Lock factory site.

This was the first step towards adopting the San Francisco Redevelopment Agency's (SFRA) Redevelopment Plan for the lock factory site and portions of Leland Avenue. The Redevelopment Agency has been working with the community for over seven years to develop a plan that will revitalize the site while supporting commercial businesses on Leland Ave.

In 2006, the Mayor appointed a Visitacion Valley Citizens Advisory Committee (CAC) to help guide the public process and help gather input from the community on the functions of what an adopted project area would provide.

Environmental cleanup of the site would begin soon, giving way to full demolition of all but the origi-

nal office building followed by months of environmental remediation. The proposed Redevelopment Plan will transform the Schlage Lock site into a new mixed-use transit oriented community of approximately 1,250 homes with new public streets, three new community parks, and a community center created at the original Schlage Lock office building.

"Having the possibility of redevelopment to come into the Visitacion Valley, opens up new opportunities for the neighborhood" said area resident, CAC and Visitacion Valley Planning Alliance member Fran Martin. "We no longer feel like the ignored section of San Francisco".

The retail corridors along Leland Avenue will be strengthened through concerted economic development activities, and will be complemented by new neighborhood-serving retail development on the Schlage Lock Site including a grocery store.

Tax increment will be the primary source of funding economic development and community enhancement such as hazardous waste remediation, the removal of unsafe

buildings, façade improvement programs, open space, historic building preservation, programs to support and nurture local businesses, as well as affordable housing.

"This complete revitalization of the area must work in concert with the ongoing efforts to also improve the Leland Avenue corridor" said Russel Morine, a CAC member and Leland Avenue small business owner. "We have to remember the past, support the present while planning for the future."

Community members have been advocating for sustainable development and the use of green building technologies on the site, and are encouraged by the support of city agencies as well as the developer. Through collaboration of Universal Paragon Corporation (the owner and developer of the former Schlage Lock site), neighborhood residents and businesses, and the SFRA, the project is being planned as a sustainable "green" development with a LEED-ND (Leadership in Energy and Environmental Design-Neighborhood Design) rating from the U.S Green Buildings Council.

See Page 7

Budget Reviewed for Valley Public Art

by Russel Morine

The selection an artist to design the public art component of the future Visitacion Valley branch library took a major step forward recently. On December 4, the six member Community Artist Selection Panel met to review and discuss potential candidates for the \$75,000 project. City ordinance requires that all publicly funded projects must set aside 2% of the project's budget for an art element.

According to the SF Arts Commission website: "The artwork budget includes, but is not limited to all art project expenses such as: artist fees, engineering design, materials, fabrication, transportation, installation, permits (if required) and insurance."

Over 100 applicants applied to be in the initial pool of artists for Vis Valley and other forthcoming library projects. This pool was narrowed down to 34 artists by the SF Arts Commission, 20 of which were then presented to the Community Artist Selection Panel. According to Ellen Shershow Project manager for the Arts Commission, the selection of the 20 was "based on the sorts of opportunities the architecture of the library afforded, as well as community feedback."

The panel discussed the merits of each artist and selected three finalists and one alternate. At this stage in the process, the actual art piece has not been designed; rather the style of the artist and what they could contribute to the community was the focus.

The next step will be a community meeting, possibly during late January 2009, to introduce the artists to the community. This meeting will provide them with feedback regarding possible artistic directions. Each artist will be subsequently develop a site specific proposal. Each artist/ artist team will be "paid an honorarium of \$500 to prepare a preliminary proposal for the project," according to the SF Arts commission website. Each proposal will then be displayed at the existing library allowing the community the opportunity to evaluate and submit written comments. These comments will then be reviewed by the panel and a final decision will be presented to the community.

The final contract is contingent upon the Arts Commission's approval of the Community Artist Selection Panel's recommendation and the feasibility of implementing the proposal.

The artist (teams) selected are as follows: Johanna Poethig, the artist Team of Fran Martin and Jim Crowden, and the artist team of Mark Grieve and Ilana Spector. Amy Trachtenberg was selected as an alternate.

Demolition of the Superfair Market (site of the new library) is scheduled to begin in the spring of 2009 with construction of the new branch complete by late 2010.

For more information contact either Ellen Shershow at 415.252.2594 or ellen.shershow@sfgov.org, or Mary Chou, at 415.252.3215 or mary.chou@sfgov.org

Financing Plan Signed for Candlestick And Hunters Point Redevelopment

Mayor Gavin Newsom on Dec. 8 signed a resolution endorsing a \$2 billion dollar financing plan for the combined redevelopment of Candlestick Point and Phase 2 of the Hunters Point Shipyard.

The financing plan will fund the creation of the largest parks project since the construction of Golden Gate Park, over 3,000 below market affordable housing units, and hundreds of millions of dollars of area-wide transit improvements, without using any General Fund dollars.

"In these very difficult fiscal times, it is more important than ever that we smartly partner with the private sector to help pay for critical public benefits like parks and affordable housing, and to stimulate huge economic investments in the City, particularly in the Bayview Hunters Point community," said Mayor Newsom.

The financing plan also provides for the contribution of at least \$100 million dollars of private financing from the project developers towards the construction of a new stadium for the San Francisco 49ers, if the 49ers elect to build a new stadium on the Shipyard.

Last year, the Mayor and the Board of Supervisors approved preliminary development plans for the site, that include over 10,000 new homes (more than 32 percent of which will be offered at below market rates), a 2.5 million square foot green tech campus, over 700,000 square feet of retail, and over 300 acres of new waterfront parks.

This past June, the voters of San Francisco overwhelmingly approved the project with the passage of Proposition G, by a more than 60% margin in every district of the City. In addition, cleanup of the next phase of the project - approximately 100 acres of land - is now fully funded and almost complete. "Approval of the financing plan," said Mayor Newsom "is another indication of the steady progress that the City has been making on this critical project."

Final development agreements for the entire 770-acre site are expected to be complete and fully approved in the next 12 months, by the end of 2009.

S.F. Successfully Challenges U.S. Census

Mayor Gavin Newsom announced in December that San Francisco's challenge of the U.S. Census Bureau's population estimate for the City and County of San Francisco was a success. New figures released by the U.S. Census Bureau, found an increase in population by 34,209 for a total of 799,185. The new estimate allows San Francisco to receive more federal and state funding.

"I want to ensure that San Francisco receives every dollar of federal and state funding that we are entitled to," said Mayor Newsom. "We can use this new data to attract high quality retailers to our underserved markets and make sure we develop the neighborhoods that were unfairly undercounted."

Earlier in 2008, Newsom initiated an informal challenge to the 2007 Census population estimate for San Francisco based on a report completed by national nonprofit expert Social Compact. The report estimated that there were almost 100,000 more people living in San Francisco than the 764,976 originally assessed by the US Census.

San Francisco was the first California city to file a 2007 Census challenge. Mayor Newsom submitted a letter to the Population Division of the U.S. Census Bureau on April 29, and his staff from the Mayor's Office of Community Investment (MOCI) worked with City departments to complete extensive supporting data and required information worksheets for the challenge.

Census data determines how Congressional seats are distributed to states, what community services are provided and how \$300 billion in federal funds are distributed to local, state and tribal governments each year.

According to a 1999 US Conference of Mayors report on the Census, for each person not counted in the Census, it represents an average loss of \$2,263 for the decade. Conceptually, if the difference between Census 2000 (776,733) and the new report data (799,185) which is 34,209, was calculated and multiplied by \$2,263, it would equal over \$77 million in lost federal and state funding for the decade.

Central Subway Receives Federal Environmental Approval

The San Francisco Municipal Transportation Agency (SFMTA) recently announced that the Central Subway project, which is Phase 2 of the Third Street Light Rail Project, has received a Record of Decision (ROD) from the Federal Transit Administration (FTA).

The ROD, which was issued on Nov. 26, is required under the National Environmental Policy Act (NEPA) and represents the final environmental clearance for the project.

The SFMTA Board of Directors also approved a \$147 million contract for Program Management/Construction Management (PM/CM) of the Central Subway that moves San Francisco one step closer to extending the existing Third Street Light Rail line from 4th and King streets to Chinatown.

The Central Subway will have a surface platform station at Fourth and Brannan streets and subway stations at Moscone/Verba Buena, Market Street/Union Square and Chinatown.

The goal of the project is to accommodate existing and future transit ridership in the corridor with greater reliability, comfort and speed. By 2030, the San Francisco Planning Department projects a 26 percent increase in overall corridor population and a 61 percent increase in corridor employment. The project is projected to have 78,000 riders in 2030.

The Central Subway will improve regional connections to Caltrain, BART and Muni, reduce air and noise pollution and relieve surface congestion.

"The Central Subway will help relieve congestion on one of the most crowded corridors in the country," said Mayor Gavin Newsom. "The project will also provide thousands of jobs in these difficult economic times."

The \$1.3 billion Central Subway project has been favorably evaluated by the FTA as a "New Starts" project and is receiving federal funding from Congress. Construction is expected to begin in 2010, with service to the public starting in 2016. For more information, please visit the SFMTA website at www.sfmta.com/central.

School Read-In Volunteers Sought

by Betty Parshall

The San Francisco School Volunteers are always looking for people to share their experience by volunteering some time at neighborhood schools. All skills are welcome and volunteers can choose a specific school or neighborhood or can make themselves available to any school.

Volunteers can also choose to be a regular weekly or daily volunteer in school, or simply sign up for a one-day event. A special event is scheduled for Monday, February 2, 2009, when in honor of Black History Month schools will hold an African-American Read-in.

Volunteers will read books by an African author and/or illustrator to a group of students.

Aracely Hernandez visited a recent meeting of the CBO Conveners to talk about this volunteer organization, how valuable it is in helping youngsters with various subjects and skills, and she mentioned that the Visitacion Valley Middle School would particularly welcome more volunteers.

To get started at a school near you, you can sign up on the San Francisco School Volunteers website or give them a call. Call 415-749-3700 or visit www.sfsv.org. It's easy, orientation and training are provided.

Grapevine Mailbox

Outreach Program for Tenants of Properties Facing Foreclosure

In an effort to keep tenants affected by the foreclosure crisis in their homes, Assessor-Recorder Phil Ting joined tenants rights advocates recently to announce a new outreach program designed to inform tenants of their rights and direct them to local resources to get the help they need.

The Assessor's office will begin sending letters to tenants living in properties in which a Notice of Default has been publicly recorded with the city indicating non-payment of their mortgage loan by the owner. The letter will notify tenants of the protections afforded them by law and will direct them to contact local counseling agencies to receive additional advice and information.

"San Francisco tenants facing displacement because of foreclosure are innocent victims of the mortgage crisis," Ting said. "By informing them of their rights and connecting them with available resources, we can help these tenants remain in their homes."

Because many tenants affected by foreclosures do not speak English as their primary language, the letters will be translated into Chinese and Spanish as well. Many of these tenants tend to live in the Southeastern section of the city including the Mission, Excelsior and Bayview neighborhoods.

Based on Notices of Default recorded with the city (indicating a property owner has defaulted on their mortgage loan) in which the mailing address of the owner is different from the actual property address, approximately 25 percent of homes that have defaulted on their mortgages are occupied by tenants in San Francisco.

"Renters have suffered severe hardship and have even lost their homes because bankers and brokers often do not know local laws or choose not to obey them, and tenants need to know that they have the right to stay in most foreclosure situations, even if they are being told to leave by uninformed owners," said Sara Shortt, Executive Director of the Housing Rights Committee, a tenant counseling agency participating in the outreach program. "We hope this effort by the City will ensure that these mostly low-income households are able to remain in their homes."

"Just because the landlord is facing foreclosure does not mean a tenant in a rent-controlled property needs to move," said Delene Wolf, Executive Director of the San Francisco Rent Board. "Tenants in rent-controlled buildings in San Francisco are protected by the need for a 'just cause' reason for eviction, and foreclosure is not a just cause."

The tenant outreach program is similar to a program Ting implemented in March of this year targeting homeowners facing foreclosure. Ting met with tenant advocate groups and learned of the problems tenants in foreclosed homes face, including being uninformed of their rights, having their utilities shut off, being evicted illegally or locked out, as well as not knowing to whom to send their rent or approach about repairs. Ting then decided to pair up with advocate groups to begin developing solutions to help distressed tenants affected by foreclosure.

San Francisco has seen a dramatic increase in the number of mortgage

defaults and foreclosures in the past couple of years. There was a 94 percent increase in Notices of Default recorded with the city between the third quarter (July/August/Sept) of 2006 and the 3rd quarter of 2008. Trustee Deeds Upon Sale, documents recorded once a foreclosure has occurred, jumped approximately \$22 percent from the third quarter of 2006 to 2008.

Following is a letter sent to tenants in homes potentially facing foreclosure:

Dear Tenant:

Public records indicate your landlord has recently received a "Notice of Default" letter for non-payment of the mortgage. As the tenant, this does not mean you have to move.

State and local laws provide you certain protections. Foreclosure, like any other sale, is not a just cause for eviction under the Rent Ordinance and provides no basis to force the tenant to leave. Tenants in units subject to the Rent Ordinance (buildings built before June 13, 1979) have the right to stay in the unit after a foreclosure on the same terms and conditions of tenancy as before.

According to San Francisco law, it is illegal for the new owner to ask you to leave without just cause or shut off your utilities. If you have experienced any of these occurrences, you may seek remedy at the Rent Board, located at 25 Van Ness Avenue, Suite 320, 415-252-4602, (www.sfgov.org/rentboard).

To find out more about the status of your building, including public records indicating the property's owner and the year the property was built, you may contact my office at 415-554-5596.

If your electricity through Pacific Gas & Electric gets shut off, you may call PGE's foreclosure hotline at 1-800-850-9587 to get the service turned back on.

There are also organizations that can help you. We urge you to contact one of the following non-profit agencies to receive free information and advice on your situation:

*Housing Rights Committee of San Francisco, 427 S. Van Ness, San Francisco, CA 94110, 415-703-8644, Monday through Thursday, 1-S p.m., www.hrcsf.org

*Comite De Vivienda San Pedro, 474 Valencia St., San Francisco, CA 94103, 415-487-9203, Monday and Wednesday 1-S p.m., Tuesday, Thursday and Friday 9 a.m.-5 p.m., www.comitedevivienda.org

*Asian Law Caucus, 55 Columbus Ave., San Francisco, CA 94111, 415-896-1701, Monday-Friday 9 a.m. to 5 p.m., www.asianlawcaucus.org

Sincerely,
Phil Ting, Assessor-Recorder

Stopping Pickpockets And Identity Theft

- Keep the minimum in your wallet; carry enough cash for expected needs, one credit card and only a few checks. Keep cash separate from identification and credit cards; do not carry your Social Security card and passport.

- Always stay alert. A person who shows strong, confident body language and makes eye contact with others is likely to discourage pickpockets.

- Be aware of your surroundings at all times; be especially wary if someone creates a distraction, such as dropping a newspaper or change nearby.

- Put your wallet or purse in hard-to-reach spots. Men should carry their wallet in their front pant pocket or inside a suit pocket, not the back pocket. Women should place their wallet deep inside their purse.

- Never put your backpack on your back, carry it in your hands or by your side. Keep your wallet in the main compartment of the backpack, not in the small outside pocket.

- Conceal fanny packs or money belts under your clothes and keep them close to your front.

- Carry your Fast Pass in a separate holder outside your purse or wallet.

S.F. SAFE

Reforming the State's Subprime Mortgage Industry

by Assemblywoman Fiona Ma, CPA

The past year has been a difficult year for Californians. Budget cuts, increased unemployment rates, and staggering home foreclosures have all contributed to the difficult economic times.

At the state level, I am working with my colleagues to address some of our most pressing issues - issues like our out-of-control subprime mortgage industry. That is why I am a proud co-author of upcoming legislation authored by Assemblymember Lieu (D-Torance) that seeks to reform our subprime mortgage and lending industry.

In August of 2008, more than 101,000 Californians received foreclosure notices and more than 33,000 Californians lost their homes. Nationally, California has 54 percent of all foreclosure filings on adjustable rate loans.

We know that abuses like putting people in costlier, high-risk loans above what they could really afford contributed a great deal to the mortgage crisis. This legislation will eliminate abuses in the subprime market and maintain viable home ownership options for Californians.

Specifically, this bill will eliminate abusive practices of the subprime mortgage industry by prohibiting steering, eliminating compensation incentives, and prohibiting brokers and lenders from making false or deceptive statements in connection with subprime loans.

Similar legislation, AB 1830, which I was a co-author of, was introduced last year by Speaker Bass, Assemblymember Nava, former Assemblymember Wolk and Assemblymember Lieu but was vetoed by the governor. We are hopeful the outcome this year will be different given our current economic situation and need for reform of the subprime mortgage industry.

For more information about legislation introduced in the 2009-2010 legislative session visit www.leginfo.ca.gov.

Get Ready for Digital Broadcast Transition

As of February 17, 2009, all television broadcasters in the United States will be required by the government to send their signals in a digital-only format. This change will affect the millions of TV viewers who rely on antenna reception (rooftop or set-top "rabbit ears") to watch local broadcast networks like ABC, CBS, FOX, NBC, PBS and Univision.

Consumers who have even one TV, maybe the one in the kitchen or the playroom, that uses an antenna should take action now in order to continue enjoying uninterrupted local broadcast network service after February 17. Finding out now if you are ready for the digital broadcast transition is important because you will not be able to watch your TV if it's still using an analog antenna to get a picture.

"It is important that consumers understand what is happening and how it may affect them," explains Jay Kreiling, Comcast's vice president of video services. "There are easy solutions to the digital broadcast transition and there's no reason to wait until February to decide which solution works best for you."

As part of its "Get Ready" initiative, Comcast created an interactive Web tool, www.comcast.com/dtvsite, where consumers can develop a personalized action plan and decide which of the three transition solutions available works best for them:

- Subscribing to cable or another video service provider;

- Buying a new digital TV; or

- Purchasing a government-approved TV converter box.

NAPS

Santa Visits Students at "Little Vis"



Santa and Mrs. Claus dropped in on Dec. 19 for a quick visit to Visitacion Valley Elementary School from the North Pole. Santa (Ken Nim) bearing gifts was an immediate "hit" with all the kindergarteners. Ms. Claus (Mrs. Owens) enchanted the 1st and 2nd graders!

Bill to Build Major Water System Projects

Mayor Gavin Newsom on Dec. 19 signed a \$1.9 billion appropriations bill for the San Francisco Public Utilities Commission (SFPUC).

The legislation funds the construction of 28 major regional water system pipelines, tunnels, pump stations and dams in six Bay Area and Central Valley counties over the next 18 months.

The Water System Improvement Program (WSIP) supplemental appropriation bill, approved earlier this week for the SFPUC by the San Francisco Board of Supervisors, will create the equivalent of 28,000 new jobs in the Bay Area over the next five years and nearly 11 million hours of new work in building and construction trades.

"At a time of global recession, growing unemployment and a state budget crisis that jeopardizes construction projects across California, this bill jumpstarts \$1.9 billion in spending on dozens of construction projects throughout the region, rebuilding our water system for the future and putting tens of thousands of people to work," said Mayor Newsom. "California's economy desperately needs the boost that new investment in our critical infrastructure will bring."

The Water System Improvement Program (WSIP) is the SFPUC's voter-approved \$4.4 billion program of 85 individual projects to seismically upgrade and improve the Hetch Hetchy regional water system, which 2.5 million Bay Area customers in San Francisco, San Mateo, Santa Clara, and Alameda counties depend upon every day.

"On behalf of the men and women of the Northern California construction trades, I'm thrilled these projects are moving into the field and into construction," said Bob Alvarado, Executive Director of the Northern California Regional Council of Carpenters. "With rising unemployment and the current economic recession, the

customers of the Hetch Hetchy regional water system will get better bid prices and the millions of hours of anticipated craft labor will get the Bay Area back to work."

"The major projects in San Francisco are completed or underway, but now we're ready to move into construction on the major pipeline, tunnel and dam projects across the region," said SFPUC General Manager Ed Harrington. "Our success depends upon a reliable, well-trained workforce and continuing the strong partnerships we've created with regional labor and economic development leaders."

For more information about the Water System Improvement Program, visit <http://sfwater.org/WSIP>.

INGLESIDE REPORT

by Catherine Blair

Theft by trickery
400 block of 29th St.
I can remember plenty of times but never knew what to call it.

Battery, suspect known
100 block of Delta St.
I have known the suspect most of the time.

Two men argued over the behavior of one man's dog
400 block of London St.
I can see it —
I have argued with many men over the behavior of dogs and men.

Chronic complaints involving a Visitation Valley man and allegations that he routinely carried a gun
200 block of Argonaut Ave.
I've had chronic complaints about men
some routinely carried a gun
others were pretending.

Missing person: juvenile
Ridge Court
A large number of the persons I've known are missing
Some were fairly juvenile, others old
For their age
I've even mislaid myself on occasion.

GRAPEVINE
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...from the desk of the VVBOOM newsroom

by Nick Wolff

What Leland Avenue restaurant has breakfast burritos on the menu?

What Leland Avenue business is also the name of a major city in China?

How much is a manicure at Nails by Jenny?

How many barber chairs are there in JB's The Shop?

What does N.E.M.S. stand for?

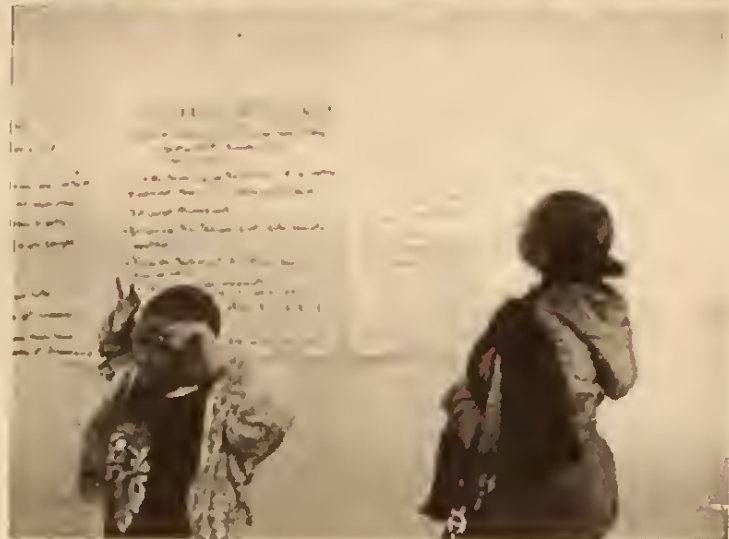
These are just some of the over 20 questions featured in the 2008 VVBOOM Holiday Scavenger Hunt, held Saturday, December 20th on Leland Avenue in conjunction with the local Boys & Girls Club. Area youth and parents alike scampered in and out of stores in downtown Visitation Valley searching for answers to questions designed to get families inside businesses they may not be familiar with. That was, after all, the goal of the event.

Scavenger Hunt winners were awarded a prize package valued at \$40 from participating Leland Avenue businesses, while runners up received a similar \$20 gift package. Everyone involved enjoyed free hot cocoa at the conclusion of the Scavenger Hunt at VVBOOM Headquarters - 91 Leland Avenue. While participants warmed up with wintery chocolate beverages and marshmallows, adults were able to prioritize proposed 2009 VVBOOM Action Plan items from an extensive list of ideas generated

If a Leland Avenue parking meter is striped, does that make it free?

The answer is no, but they do look more festive don't they? If you haven't taken notice, Leland Avenue parking meters from Bayshore Boulevard to Rutland Street were decorated with red ribbon to mark the Holiday season, thanks to our partnership with the Boys & Girls Club. But the holiday decorating didn't stop at parking meters. VVBOOM was able to distribute holiday lights to jolly Leland Avenue merchants who lit up downtown Vis Valley storefront windows throughout the month of December.

Does your storefront shine? If you own or operate a business out of a Leland Avenue commercial storefront, your building is eligible for the city-wide Façade Improvement Program. SF Shines invests in commercial corridors like Leland Avenue through façade improvements which



at neighborhood meetings and by surveying area merchants. It was a win-win situation, not only for scavenger hunters, but for VVBOOM and local businesses.



include grants, designs services and project management. The goal of the program is to increase economic vitality along the City's diverse commercial corridors, attract new businesses and provide support to existing business. To learn more, contact Nick Wolff @ 415/585.2338 or email nwolff@vvboom.org.

High-Speed Rail in California's Future

by Assemblywoman Fiona Ma, CPA

Imagine being able to board a train in the Bay Area and arrive in Los Angeles within 2 and a half hours — without the hassle of traffic, expensive gas prices, or long lines at the airport! Well, on November 4th Californians said "yes" to High-Speed Rail and approved Proposition 1A which will soon make the dream of a hassle free commute across California a reality.

I've always been a strong supporter of High-Speed Rail in California because I believe it moves California in the right direction. It will decrease our dependence on oil, create over 500,000 jobs, fight traffic congestion, improve the flow of people, goods and services throughout California, and reduce global warming pollution. According to CalPIRG, High-Speed Rail is predicted to take up to 92 million drivers off the road annually, eliminating the need for construction of 2,970 additional highway miles.

Proposition 1A allows for \$9.95 billion dollars in bonds to start laying the tracks. Construction of the statewide system of high-speed trains is likely to begin as early as 2011. A lot of thought has gone into the planning and construction of a statewide high-speed rail system to make sure that we make the most of every dollar invested. Through Prop 1A, the bond money will be used only after private and federal dollars are raised for the project. Once the rail system is built, the operating and maintenance cost will be covered by affordable ticket prices.

A statewide high-speed rail system is long overdue and I'm glad that we finally get to start working on this great project. Thank you to all those who helped support the efforts of High-Speed Rail - without you it would have not been possible. And a special thanks to all the college students across California who envision a newer, more environmentally sound state.

Legislative Highlights

On January 1, a number of bills that I authored this past year will become law. Neighbors across San Francisco complain about recycling raiders — the large fleets that rummage through recycling bins late at night. AB 1778 makes recyclers respon-

VISITACION VALLEY GRAPEVINE - JANUARY 2009 - 3

sible, by requiring identification and a check payment when a person presents a large amount of recycling. This effort will keep garbage rates low and provide additional protection against these raiders.

AB 1767 will also go into effect on January 1. This bill will prevent graffiti vandals from escaping community service. One of the most significant problems in addressing graffiti vandalism is that a graffiti vandal can make what is known as a civil compromise — an agreement that the vandal repay a property owner for damage. The debt to the community as a whole, however, is not repaid. AB 1767 ensures that even vandals who settle cases outside of the courts will perform community services.

AB 2592, which was supported by AAA-California and the California Locksmiths Association modernizes California laws and protects consumers by increasing fines for those who operate illegally. The bill also requires locksmith companies to list a license number in their advertisements. This allows a consumer to take action if something goes wrong. When someone is locked out of his or her home, car or place of business, it can be especially frustrating. The threat of being overcharged by an unlicensed locksmith should not be something consumers worry about. When I learned that countless individuals were listed in the phone book, but not licensed by the state of California, I went to work to better protect consumers.

Events in January at Valley Branch Library

Following are events in January at the Visitation Valley Branch Library, 45 Leland Ave.:

*Jan. 6, 13, 20 and 27, Tuesday: *Toddler Tales* with stories, songs and rhymes for ages 1-1/2 to 3 and their accompanying caregivers at 11:30 a.m.

*Jan. 6, 13, 20 and 27, Tuesday: *Preschool Storytime*, ages 3-5 at 10:30 a.m.

*Jan. 3, Wednesday: *From Tools to Jewels* from 3:30 to 5:30 p.m., ages 12-18.

*Jan. 14, Wednesday: *Preschool Videos* at 10:30 a.m. for ages 3-5.

*Jan. 15, Thursday: *Get Your Game On: Apples to Apples* from 3:30 to 5 p.m. Teens are invited to come play the popular card game Apples to Apples. For information, contact Abby Harwood at (415) 355-5660 or aharwood@sfppl.org.

El Dorado Elementary School Happenings

by Tai Schoeman and Lori Fetzner

Big News for Year's End

Kindergarten teacher, Marisa Martinez, veteran of more than a decade of dedicated and loving support to El Dorado Elementary's students and families is being recognized for her significant contributions to the profession and to El Dorado. This November, awards for the prestigious National Board exams were delivered and Marisa was one of the recipients.

The website, National Board for Professional Teaching Standards states: "Like board-certified doctors and accountants, teachers who achieve National Board Certification have met rigorous standards through intensive study, expert evaluation, self-assessment and peer review. In a congressionally-mandated study, National Board Certification was recently recognized by the National Research Council as having a positive impact on student achievement, teacher retention, and professional development."

Within the same two week period of time, Marisa was notified that she had been selected as one of the educators that used and received more Donor's Choose awards in the state of California.

She and others were honored at a gala event where political heavyweights like Nancy Pelosi, Jack O'Connell and the founder of Craigs List recognized the Donors Choose program.

Marisa is a valued member of the

El Dorado community. Genece Washington, her teaching partner of six years says, "Marisa is a supportive and creative colleague who enjoys inspiring children through music and art."

Furthermore, "Marisa is an educator that is always trying to bring joyful learning to her classroom. In addition to being an educator she is also a professional musician. She infuses music into her classroom and to the rest of the school through leadership roles such as the Visual and Performing Arts Coordinator and starting a program at the school in which she teaches guitar to a group of students every year. The program is called Little Kids Rock. It is an honor and pleasure to work with someone so dedicated to the wellbeing of children from Visitation Valley," comments the principal, Tai Schoeman.

Celebrating Winter

Students gathered with their families on the afternoon of Thursday, December 18th to sing, dance and play music at The Winter Concert.

Under the direction of both their classroom teachers, the 2nd-5th grade music teacher, Mr. Tracy and the instrumental music teacher, John Calloway, students treated their visitors (more than 50 families) to sing-a-longs, instrumental music, choral music, poetry reading, and even a song sung and signed!

The stage was filled, again and again, with youngsters full of energy, joy, and holiday spirit.

High-Deductible Medical Insurance Better Than None

by Jason Alderman

An estimated 47 million Americans live without health insurance. Even among those fortunate enough to have coverage, many struggle to pay ever-rising monthly premiums, while still others worry about losing health benefits should they be laid off.

Clearly, it's wise to know all your health insurance options and to be prepared should your situation change.

Some people opt for a high-deductible health plan (HDHP) combined with a health savings account (HSA) to help lower monthly premiums while benefiting from available tax breaks. Although not right for everyone, these plans can save money if managed carefully; and, they may mean the difference between carrying at least basic catastrophic coverage and having no coverage at all.

Here's how they work:

The federal government defines HDHPs as plans with (in 2009) annual deductibles of at least \$1,150 for individual coverage or \$2,300 for family coverage, and maximum

out-of-pocket expenses not to exceed \$5,810 for individuals or \$11,600 for families. HDHPs can either be purchased through your employer, if offered, or independently.

Although HDHP monthly premiums are often considerably less than for lower-deductible PPO or HMO plans, coverage details vary widely so compare plans carefully. For example, many HDHPs either don't include maternity coverage or charge extra for it; and preventive care, like annual physicals or vaccines, may or may not be subject to deductibles.

Among those most likely to benefit from HDHPs are:

*Younger, healthier people who probably won't reach the annual deductible amount.

*Chronically ill people whose expenses will probably exceed yearly maximum out-of-pocket limits.

*People earning more than the state's Medicaid qualifying limit but who can't otherwise afford to buy health insurance.

*Those who could afford to pay their typical medical expenses out

of pocket but want the protection provided by catastrophic coverage should major expenses arise.

Many people combine an HDHP with an HSA in order to take advantage of federal tax breaks. HSA features include:

*Use your account to pay for current and future qualified medical expenses on a tax-free basis.

*Some employers' plans allow pretax payroll deductions. Otherwise, you deposit after-tax dollars in your HSA and take a credit on your federal income tax return — even if you don't itemize deductions.

*HSA contributions and their investment earnings grow tax-free.

*Unlike flexible spending accounts tied to traditional employer-sponsored medical plans that have "use it or lose it" provisions, HSA balances roll over from year to year and are completely portable if you change jobs or plans.

*2009 maximum annual contributions are \$3,000 for individual HDHP coverage and \$5,950 for family plans. People age 55 and older can also make annual catch-up contributions of up to \$1,000.

See Page 6

McLaren Park News and Notes

by Betty Parshall

It's a Red-tail, It's a Cooper's, It's a Mexican Gray, It's ... Mystery Bird !!

Bird fans have been enjoying an exciting time trying to identify a hawk, or more likely more than one unusual hawk, spotted in the park recently. Several weeks ago a large hawk (at least we think it's a hawk) was spotted perched on a high tree at the edge of the large open space on Shelly Drive, a popular dog run area. It was unusual for the light gray color of its breast feathers, and perched facing outward, no other identifying marks were to be seen. Later I heard that some thought it was a Mexican gray hawk, far from its usual area, but it is not unusual for the park to be visited by occasional "accidentals."

Within a week or two, the Portola message board lit up with descriptions and pictures and varying opinions of just what the bird is. But from all these messages it became apparent that more than one bird was being sighted.

Some thought it a Cooper's hawk, while others surmised it to be a Goshawk. Both can have the gray coloring, and must be observed flying to identify by the finer points of streaks, bands on the tail, shape of the tail, and so on. Quoting from The Sibley Field Guide to Birds of Western North America: "distinguishing one accipiter species from another can be very difficult. Overall plumage is of little use... Identification depends on careful study of plumage details and proportions."

But here's what I saw very recently while accompanying Hope on her daily walk. The (apparently) same large soft-gray-colored hawk was perched on a large tree. Another dog owner and I stared at it for several minutes, then it took flight right over us, and we both could see a very red tail. An avid birder has told me that colors can vary greatly in these birds, so I'm very sure that "my" bird is a red-tail hawk.

One Brick Volunteers Enhance Yosemite Marsh

On Saturday, December 13, over thirty volunteers from One Brick worked for a couple of hours planting native species around Yosemite Marsh (located near Bacon and Oxford Streets). Invited by the Natural Areas Program of the S.F. Recreation & Parks Department to help with the planting, the group was hard at work planting California wax myrtle, monkey flower, yarrow, red flowering currant, and a few other native plants.

Once established these plants will soon provide a pleasing variety of tall shrubs and low ground covers and provide lots of color during their respective blooming seasons.

One Brick is a non-profit organization that recruits volunteers to support local communities all over the Bay Area. Events are usually from two to four hours, not only assisting with the work done but creating a very social gathering that will gather at a local café or restaurant after completing the project. Projects vary. One Brick has assisted dozens of local groups, just a few of which are the S.F. Rec & Parks Dept., the S.F. Zoo, S.F. Boys & Girls Club, and the S.F. Food Bank. Volunteers sign up but choose their own times and frequency of helping out. This is a great way to give to your community and enjoy a good social time too.

For more information check out www.onebrick.org

Safer Steps Thanks to Park Scan

The steps from the parking lot on Shelley Drive down to the reservoir (Shelley Lake!) have been repaired by the Recreation and Parks Department. Thanks to everyone who reported the need for the repairs. If you see a need for repairs at any neighborhood park take it to www.parkscan.org. There you can register your concern and the organization will in turn work to get the attention the issue deserves.

Trees on Trails, Try Not to Trip

Reacting to real or potential heavy use of cyclists on some of the trails through McLaren Park, someone has cut huge branches from the blue gum eucalyptus trees and strewn them across paths in the area west of the green water tanks. Apparently this was done without notifying or gaining permission from the Recreation & Parks Department. While cycling off-trail can be damaging to plants and facilitate erosion, this does not seem the best way to reach agreements on how the park paths can be shared by all. Let's hope interested parties can get together with the Department and address the issue in a positive way.

State Housing Production Continued Decline in November

SACRAMENTO - Single-family housing production in California in November was the lowest month on record, prompting the California Building Industry Association to urgently call on state and federal lawmakers to act immediately to stimulate the housing sector and the economy.

Specifically, homebuilders are proposing a tax credit for new-home buyers, which has proven in the past to be an effective means of reviving depressed housing markets and reinvigorating job-generating home construction.

According to statistics compiled by the Construction Industry Research Board, just 4,544 permits were pulled throughout California during the month of November, down 17 percent when compared to the same month a year ago and up 8 percent from October due to a large increase in multifamily permits in Southern California. On a seasonally adjusted basis, the annual rate of production for single-family homes was just 23,300, the lowest on record.

Robert Rivinius, CBIA's President and CEO, said that these numbers indicate the vital need for action by government - at the state and federal levels - to enact measures to stimulate the depressed housing market and in doing so, stimulate the state and national economy.

"We believe a tax credit will stimulate renewed activity in the housing markets throughout the state and the nation, as was proven in the 1970s when Congress, in a similar situation, enacted a temporary homebuyer tax credit," Rivinius said. "Within months of its enactment, home sales doubled and within two years, new housing construction nationwide was back to normal levels. If we could get something similar enacted now, we believe it would go a long way in stimulating not only the housing market, but the statewide and national economy as well."

Single-family and total new housing units showed double digit declines in all of the states 28 metropolitan areas, while multifamily units saw a slight surge. Single-family permits totaled 1,408, down 54 percent from November 2007 and down 40 percent from October, while multifamily permits totaled 3,136, up 30 percent when compared to November 2007 and up 70 percent from the previous month. Multifamily housing starts tend to vary widely on a month-to-month basis while single-family starts tend to be more consistent.

During the first 11 months of 2008, permits were pulled for 60,293 units, down 43 percent from the same period last year when 105,504 permits had been issued. Single-family permits were down 52 percent while multifamily permits dropped 28 percent.

For all of 2008, production is expected to be less than 64,000 new homes, condominiums and apartments, the lowest level since records began being kept in 1954, and the current projections for 2009 point to an even lower level of construction at 62,000 units.

Rivinius noted that the state's lagging economy is not likely to recover until homebuilding begins to recover.

"California's economy can't afford another year of depression in the housing sector," said Rivinius. "Studies show that the state economy benefits greatly when housing production is operating at healthy levels, and we just can't stress that enough."

Because of the sharp drop-off in homebuilding, California has lost nearly 300,000 jobs and \$46 billion in economic impact in just the last three years.

"State leaders need to consider the profound economic and fiscal benefits of building new homes as they contemplate how they are going to balance the budget and bring the state's fiscal house back in order," he said. "The time to act is now."

Visitation Valley History Project

by Betty Parshall

Vintage Local Scalawags

Inspired by Catherine Blair's poem "Ingleside Police Report," I started mulling over the criminal behavior of a few people in Visitation Valley a long time ago.

The earliest report I've come across was found in the "Jesse Brown Cook Scrapbooks Documenting San Francisco History and Law Enforcement, ca. 1895-1936." Jesse Brown Cook worked in law enforcement in the early 1900s and collected newspaper stories that resulted in several scrapbooks housed at the Bancroft Library in Berkeley. I wasn't looking for this kind of story, but the words "Wilde Street" caught my attention. Here's the story.

John Devine, known as "Chicken Devine," was considered a desperate and dangerous criminal who hung around the waterfront and Barbary Coast, continually causing and being in trouble. In one fight his arm was caught in the jam of a door and a man named Billy Maitland seized a knife and cut off his hand at the wrist.

Devine picked up his hand and walked into a nearby drugstore and asked the druggist to put it together (the story doesn't describe the druggist's reaction). Devine's last escapade was when he persuaded a man to accompany him to the southern part of city; upon arriving at the hill where the big rocks lay, as you would be descending from Wilde Street, he murdered this man whose name was August Kemp, by beating him to death with a rock. For this he was convicted and was hung in the county jail on Broadway, May 14, 1873.

Looking for more information on www.sfgenealogy.org resulted in some conflict in dates and information, since I found these entries:

- *Jan. 31, 1870, John Devine arrested for garroting and robbery.
- *May 15, 1871, August Kemp shot by John Devine.
- *May 14, 1878, John Devine alias "the Chicken" was hanged for the murder of James Crotty.

I present the challenge of resolving these conflicts to one of our researchers. No matter what, Chicken John was definitely not someone to hang out with.

A tragic crime was the shooting of Mrs. Ethel Crosby by her husband. Her death on June 7, 1929 is recorded in the St. James Presbyterian Church register with the notation "children attended Sunday School."

Long time Valley resident Ed Woodward had told me this story and said that Miss Florence Friedman, the founder of Visitation Valley Community Center, took the Crosby children in and raised them.

Last we have the story of Beefsteak Bill, who was mentioned by a few of our oral historians. He wasn't a habitual criminal but certainly aggressively defended his property, and was known for having beat up three men with a beer bottle when they attempted to rob him. Bill raised fighting cocks for a very popular gambling activity in the Valley. Clarence Wikse recalled being in a bar (the Log Cabin), which was near Bill's place, having a beer with a friend when Bill walked in, gun in hand, to say he needed some help. He'd just shot a man. Clarence and his friend Norman Neish went with Bill, and sure enough there was a man lying dead in his yard, shot in the forehead while trying to steal Bill's roosters. At this time Bill was about 75 years old, had one eye, and was left-handed. The police were called and Bill was exonerated since he was defending his property. The next day the dead man's partner appeared, apparently to seek revenge, and Bill chased him out of the Valley.

Bill spent some time in the real estate business, and was also an early president of the Visitation Valley Improvement Club. I'm saving one other anecdote about Bill for next month's Grapevine. While we think of life a hundred years or so ago as peaceful, almost idyllic, my mother who grew up in the Ingleside district in the 1920s told me that the kids were told to stay away from Visitation Valley to avoid the Irish hooligans.

Happy New Year, everyone. If you have a story to share, send it to the Grapevine visvalley@earthlink.net.

Upside of Downsizing: Three Lessons from a Pre-Shrunk Shrink

by Doreen Orion

In these tough economic times, everyone is talking about the need to downsize, to make sacrifices, but the two are not necessarily one-in-the-same. Doing without can actually lead to getting more. I should know: A few years ago, my husband and I downsized from a 3400 square foot home to a 340 square foot RV.

Here are three ways downsizing has had a positive impact on our lives - and could on yours, as well:

- *When you stop supporting a lifestyle, your life becomes enriched in ways you never imagined. A smaller mortgage and no debt allows more time and energy to pursue the best quality of life possible. Studies have shown that you really can't buy happiness, i.e. people with a lot of material wealth are not generally happier than the rest of us. So, happiness is not about the things we possess, it's about the experiences we have, and the people we make connections to. Imagine if you pared down your expenses to the extent that you weren't stressed about needing to make a certain amount of

money. What wonderful experiences and activities could we "spend" that freed-up energy on?

- *When your priorities shift, you'll meet like-minded people who want to relate to you based on who you are rather than the things you have. We've all heard the question workaholics are supposed to ask themselves: On your deathbed, do you really think you'll regret not spending enough time in the office? The question is a valid one for us all. The things in our lives don't give back: People and experiences do. What better proof than a recent study which found that happiness is contagious. In addition, as you make connections to others who feel no need to "keep up with the Joneses," you'll learn from their actions and priorities, thus reinforcing your newfound freedom.
- *When you get off the never-ending treadmill of working to support possessions, you'll notice a certain spark back in your life you may not even have realized was missing. Remember when you were in school or just starting out in your job? Life

was stimulating - full of challenges, invigorating. Then, as we started accumulating the spoils of working for a living - all the stuff we claimed as rightfully ours - we settled into a routine. Our lives became rote. It's crucial to keep stretching ourselves by learning new things and having new experiences. Doing so enriches our lives in ways that material possessions never can.

Many people are facing serious financial trouble these days. While there are resources to help consolidate loans, come up with a budget, etc., there is little out there that treats the need to do these things as a path to greater happiness. Rather than looking at downsizing as a sacrifice, try thinking about the freedom and lack of stress you'll enjoy once your finances are in order. Don't look at it as giving up the things that you always thought were important, but rather as discovering those things that really are.

Doreen Orion is the author of Queen of the Road: The True Tale of 47 States, 22,000 Miles, 200 Shoes, 2 Cats, 1 Poodle, a Husband, and a Bus With a Will of Its Own (Bravado Books)

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Joe Leland around the neighborhood

***Own a Piece of Leland:** 73 Leland Ave. (formerly a Vietnamese restaurant) is for sale. In addition to the vacant ground floor commercial space, the 1917 building has two residential units on the second floor. The list price is \$699,000. An excellent location, interested buyers should consider the short and long term potential along Leland Avenue. This mid-block location is prime for the right community serving business. 415-517-7882.

***New Restaurant:** Visitacion Valley has a new gastronomic option with the opening of Ng's Kitchen located at 2511 Geneva Ave. Serving "Hunan and Mandarin Cuisine with a Twist," the establishment offers a wide variety of tantalizing flavor varieties with 80 items listed on the menu. The prices are a little higher than other Chinese establishments in the neighborhood, but Ng's Kitchen does have a 33-item lunch menu with all prices less than \$6.25. Ng's Kitchen is open daily from 11 a.m. to 9:30 p.m. and offers free delivery for order over \$10. Be sure to stop by the restaurant and check out the clean well-designed decor. Phone number is 415.239.8844 or go online at www.ngskitchen.com

***Meet the CAC:** The Visitacion Valley Citizens Advisory Committee will have its first meeting of 2009 on Tuesday, Jan 13th from 6 to 8 p.m. The CAC meets on the second Tuesday of each month to discuss all things Schlage Lock. No detail is too small or topic too broad to escape the steadfast gaze of the dedicated participants. Join the fun! Meeting location is S.F. Recycling & Disposal, Inc. Environmental Learning Center, 401 Tunnel Ave., San Francisco, CA 94134.

***Superfair Market Close-Out Sale:** If you haven't heard, the new library will be located at 201 Leland Ave., the current site of the Superfair Market. Superfair is in the process of clearing out all its vintage merchandise, offering many "buy one, get one free" deals. Some long time residents may recall the store in its early years as a full service Cala Market. Those days are long gone and soon too will be Superfair Market.

***Yahoo Visitacion Valley:** If you have email and an interest in sharing information about Vis Valley, make sure you sign up for the ever-popular Vis Valley Yahoo group, The Valley Eye. Recent topics include: home break-ins, meeting updates, strange noises at night, and the best place to find a good house painter. Go to the link below or send your email to rmorine@aol.com to join the discussion. http://groups.yahoo.com/group/Valley_Eye/

Book Review

All Was Not Lost

In his new autobiography, *All Was Not Lost: Journey of a Russian Immigrant from Riga to Chicagoland* (AuthorHouse, \$30 p.b.), Anatoly Bezkorovainy shares his life experiences and the shared experiences of his family as they traveled from Russia to Latvia to Germany and finally the United States.

Bezkorovainy writes a true Russian immigrant's life story complete with pictures and documentation. His voice is unique and full of self reflection, a passion for life and a penchant for detail.

Bezkorovainy presents his family background, dating back to the 1830s with his great-grandfather, through his parents' departure to Latvia following the Bolshevik revolution and up to the Bezkorovainy family's immigration to the United States.

He also details his own experience in the field of biochemistry.

Much of *All Was Not Lost* explores the mentality of a man who was uprooted all his life from the almost-familiar and into yet another place where he felt like a foreign outsider. His early life, up to age 16, was spent in Latvia during World War II and afterwards at the Baltic Displaced Persons' (DP) camp. Bezkorovainy describes the attitudes towards Russians in Latvia and the struggles he faced:

Should my parents have followed Mr. O'Brans' proposal and moved to a Russian DP camp, a

suggestion which was offered to us in Blunk in 1946? I still feel that there, I could have attended Russian schools and the Orthodox church, interacted with members of the Russian intelligentsia, and become initiated into a world-class culture as I got older. My parents, however, were constantly afraid of being handed back to the Soviets. So, instead, I became an aficionado of a culture into which I was not born, which was not fond of having me, and in which I was thoroughly aware of being the foreigner that I was.

In 1951 we left Germany for America, where, as expectations went, people would be indifferent to one's ethnicity and one would be judged on the basis of one's abilities and character. For the most part, this perception proved to be correct. Here, I ceased to have any contact whatsoever with the Latvian immigrant community to the point that I now barely remember the Latvian language, with which I was thoroughly familiar during my DP camp days. Etiam sanato vulnere cicatrix manet (though the wound has healed, the scar remains).

Anatoly Bezkorovainy was born in Riga, Latvia in 1935. He graduated from the University of Chicago with a bachelor's degree in biochemistry and received a doctorate in biochemistry from the University of Illinois. He later retired after 42 years as a professor of biochemistry at Chicago's Rush University.

Californians Recycle Record 7.6 Billion Beverage Containers In Just Six Months

A new report from the state Department of Conservation shows Californians recycled 7.6 billion beverage containers from January-June 2008, the highest half-year figure on record.

As a result, the six-month recycling rate for California Refund Value (CRV) aluminum, glass and plastic containers rose to 76 percent, up 5 percentage points from the same period in 2007.

"This is an extraordinary accomplishment in a very short time," DOC Director Bridgett Luther said. "Californians have really stepped up their recycling efforts. The first six months indicate we are on pace to set an all-time high for beverage container recycling volume in 2008, and that means an all-time high in energy savings, natural resource conservation, and greenhouse gas reductions. It also means significant cash refunds for consumers who take their bottles and cans to recycling centers."

Recycling 7.6 billion beverage containers reduced greenhouse gas emissions equivalent to removing nearly 300,000 cars from the road for a year.

To determine the amount of emission reductions achieved through beverage container recycling, DOC uses the Waste Reduction Model developed by the U.S. Environmental Protection Agency.

"Since its inception in 1987, the CRV program has been a valuable tool in helping to meet the environmental challenges we face in California," Luther said. "As we move toward the creation of a more sustainable future, it is important to remember that recycling is one simple step we can take every day to reach our goals."

Steer Clear of These Car Care Myths and Send Them to the Scrap Heap

Now is a good time to send a few automotive maintenance myths to the scrap heap. That effort can start with the biggest myth in the business, the often-recommended 3,000-mile/three-month oil change.

For example, GM is debunking this myth with its patented engine Oil Life System (OLS). Because GM's OLS technology tells vehicle owners exactly when to change their oil based on individual driving habits, a motorist who drives an average of 15,000 miles per year could save two to three oil changes annually.

Changing a car's oil every 3,000 miles isn't the only auto maintenance myth car experts are busting. Besides changing a vehicle's oil, other vehicle services have changed over the years, particularly within the first 60,000 to 100,000 miles of ownership. Here are some of the most commonly held maintenance myths that have been busted or adjusted based on technologies available on today's vehicles.

***Tune-ups:** Today's engines have

computer-monitored and -controlled systems that still need to be checked, but they don't need a traditional tune-up every few thousand miles. A standard tune-up used to call for new ignition parts such as a distributor cap, spark plugs, and points and rotors. Besides spark plugs, which usually don't have to be changed until 100,000 miles, today's cars aren't built with points and rotors, and many engines don't have distributor caps that need replacement as often.

***Lubrication:** Most new cars no longer require chassis lubrication. Having a mechanic install a fitting so the vehicle's chassis can be lubed can lead to additional problems by adding grease and components where none are necessary or originally intended.

***Annual radiator flush:** Manufacturers have made significant advancements in engine cooling systems during the past few years with closed systems that recirculate coolant. These new systems don't lose coolant as often, and coolant manufacturers have also

made advancements in their products' chemical components with synthetic materials, making the seasonal radiator flush almost extinct. It is still important to check fluid levels periodically—especially before long trips—and use the manufacturer-recommended coolant.

***Wheel alignment:** Although it's important to keep tires properly maintained and inflated, it's not always necessary to have them aligned every time they are rotated. A majority of manufacturers recommend a wheel alignment and wheel balance only if there is a major issue with the car pulling to one side or another.

***Unnecessary services:** Routine maintenance services such as fuel injector cleaning and transmission fluid flushes aren't necessary as often anymore. Some routine maintenance services are still needed, but in most cases they aren't, so compare what's being suggested with what the owner's manual recommends—and possibly avoid spending money on unneeded maintenance.

Cooking Corner

New-Fashioned Sausage Cassoulet

1 teaspoon olive oil; ¼ pound fully cooked smoked sausage, cut in 2-inch lengths; ½ pound fresh Italian sausage links, cut in 2-inch lengths; 2 cups chopped onion; 3 cloves garlic, peeled and minced; 1 (28-ounce) can diced tomatoes including liquid; 1 teaspoon dried thyme leaves; ½ teaspoon dried rosemary, crushed; 2 whole bay leaves; ¼ teaspoon ground cloves; 1 (14- to 15-ounce) can white beans (cannellini or great northern), drained and rinsed.

1. Heat oil in a large, heavy skillet over medium heat. Add sausages and sauté until brown, about 10 minutes. With a slotted spoon, transfer sausages to drain in a paper towel-lined bowl.
2. Discard all but 1 teaspoon pan drippings. Add onion to hot pan drippings and cook until tender. Add garlic and sauté only until fragrant, about 30-40 seconds.
3. Stir in tomatoes with liquid, thyme, rosemary, bay leaves, cloves and beans.
4. Bring mixture to a gentle boil. Return sausage to pan. Cover and gently simmer for 30 to 40 minutes to allow flavors to develop.
5. Remove bay leaves. Serve cassoulet in individual shallow soup bowls. Four servings. NAPS

High-Deductible Insurance Better Than None

From Page 1

***Some HSAs let you pay for medical expenses as they occur using a debit card tied directly to your account balance.**

***In addition to IRS-approved medical expenses, you can also use your HSA account balance to pay for: health insurance premiums if unemployed; medical expenses after retirement but before Medicare eligibility; out-of-pocket expenses when covered by Medicare; and long-term care expenses and insurance premiums.**

***Many banks, credit unions, insurance companies and other financial institutions offer HSAs. For help finding one, consult your insurance broker or go to www.hsafinder.com. More information is also available at www.treas.gov/offices/public-affairs/hsa.**

HDHPs and HSAs are not right for everyone, but if they're the only alternative you can afford, it's better than the risk of no coverage at all.

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D	U	E	N	A		R	A	H		A	C	E
E	P	A	C	T		B	I	A		U	R	N
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EarthTalk

Palm Oil Bad For Environment?

Dear EarthTalk: Is it true that palm oil, common in snack foods and health and beauty products, is destroying rainforests? If so, what can consumers do about it? -Emma Miniscalco, via e-mail

It's no wonder that worldwide demand for palm oil has surged in recent years. Long used in cosmetics, palm oil is now all the rage in the snack food industry, since it is transfat-free and therefore seen as healthier than the shortening it replaces.

But to produce palm oil in large enough quantities to meet growing demand, farmers across Southeast Asia have been clearing huge swaths of biodiversity-rich tropical rainforest to make room for massive palm plantations. Today palm oil production is the largest cause of deforestation in Indonesia and other equatorial countries with dwindling expanses of tropical rainforest. Indonesia's endangered orangutan population, which depends upon the rainforest, has dwindled by as much as 50 percent in recent years.

The clearing of these forests is a big factor in global warming, given how much carbon dioxide (CO₂) trees store when left alone. Once forests are cut, tons of CO₂ heads skyward where it does the most harm. Also, when not replaced by palm oil plantations, rainforests help maintain water resources by absorbing rainfall and then releasing it into streams and rivers, thus minimizing flooding and soil depletion.

Simply boycotting palm oil and the products containing it may not help, as reduced demand could force the companies behind the plantations to instead initiate more intensive timber harvesting and a widespread conversion of the land to agriculture, which would add a heavy pollution load onto the already compromised land, air and water. It is up to the countries involved in palm oil production to regulate the industry and budget sufficient funds for enforcement. But with huge profits coming in from the sale of palm oil, public officials in Indonesia and elsewhere are loathe to clamp down on their golden goose.

Several of the largest palm oil producers have joined forces with banks and nonprofit groups to try to green up the industry. In 2003, some 200 commercial entities in the global palm oil supply chain met and established the Roundtable on Sustainable Palm Oil (RSPO) to promote the growth of palm oil in an environmentally friendly manner. RSPO works to develop definitions and criteria for the sustainable production of palm oil, while facilitating the adoption of more green-friendly practices throughout the industry. The group celebrated its first shipment of "sustainable palm oil" to Europe this past November.

Despite progress, many green leaders are skeptical that RSPO has the teeth to make a positive impact on the fast-growing palm oil industry. Greenpeace International considers RSPO to be "little more than greenwash," pointing out that at least one RSPO-certified producer—United Plantations, a supplier to Nestlé and Unilever—is deforesting Indonesia's vulnerable peat land forests. And Sinar Mas, another major RSPO player, has cleared tropical rainforest all over the country for its palm oil plantations, and is still expanding rapidly. Greenpeace is calling for a moratorium on deforestation throughout Indonesia so that the RSPO and the government can take stock and then proceed accordingly.

Dear EarthTalk: Which is better for our environment: to use dryer sheets in the dryer or liquid fabric softener in the wash? It seems they both have properties that are not

very green. -Deborah, via e-mail

If you're concerned about the health and safety of your family members, you might want to stay away from both conventional dryer sheets and liquid fabric softeners altogether. While it may be nice to have clothes that feel soft, smell fresh and are free of static cling, both types of products contain chemicals known to be toxic to people after sustained exposure.

According to the health and wellness website Sixwise.com, some of the most harmful ingredients in dryer sheets and liquid fabric softener alike include benzyl acetate (linked to pancreatic cancer), benzyl alcohol (an upper respiratory tract irritant), ethanol (linked to central nervous system disorders), limonene (a known carcinogen) and chloroform (a neurotoxin and carcinogen), among others.

Since fabric softeners are designed to stay in your clothes for extended periods of time, such chemicals can seep out gradually and be inhaled or absorbed directly through the skin. Liquid fabric softeners are slightly preferable to dryer sheets, as the chemicals in dryer sheets get released into the air when they are heated up in the dryer and can pose a respiratory health risk to those both inside and outside the home.

For those who don't want to give up the benefits of fabric softeners but are afraid to risk exposure to potentially toxic chemicals, National Geographic's Green Guide

recommends adding either a quarter cup of baking soda or a quarter cup of white vinegar to the wash cycle. Either one will soften clothes, while the latter will also address static cling. (Be sure not to mix either with bleach, though, as resulting chemical reactions could cause noxious fumes.) If eliminating static cling is your top priority, try drying natural-fiber clothes separately from synthetic materials. The combination of cotton and polyester is often the culprit behind static cling. Better yet, reports Green Guide, line dry synthetic clothing, as it tends to dry fairly quickly anyway.

A few companies have heeded the ever-increasing call for greener, safer ways to soften clothes and reduce static cling. Seventh Generation's Natural Lavender Scent Fabric Softener and Ecover's Natural Fabric Softener are both good choices that rely on vegetable products and natural essential oils instead of harsh chemicals to get the job done.

Another safer option is Maddocks' Static Eliminator, a non-toxic, hypoallergenic reusable dryer sheet made out of a proprietary, chemical-free polynylon. The Canadian company Maddocks originally developed the material to rid industrial-scale mechanical systems of explosion-inducing static electricity, but soon realized that it could benefit consumers as well, who can now buy the sheets—each one is good for some 500 wash loads—from natural foods retailers as well as from several online vendors.



New housing at former Schlage Lock site would beautify Bayshore Boulevard.

Green Light for Schlage Lock Site

From Page 1

One of the important goals will be to create new models of urban sustainability from what is currently a Brownfield site.

Chris Barnett, another CAC member says, "If the project is done right, Vis Valley can become a model for 21st century redevelopment efforts and sustainability, truly putting our neighborhood on the map."

Along with the possibility of a new physical landscape to the neighborhood, the presence of a redevelopment plan means that area residents will have opportunities to compete for new jobs created by the construction and redevelopment that takes place.

"All the tools of redevelopment

will be made available to the Visitacion Valley, to help it improve and thrive" said Fred Blackwell, Executive Director of the San Francisco Redevelopment Agency. "We want to invest in the people of this neighborhood"

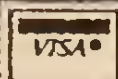
The San Francisco Redevelopment Commission will hold public hearings on the Redevelopment Plan at its January 6th and February 3rd meeting, 4 p.m. at City Hall Room 416, 1 Dr. Carlton B. Goodlett Place. If approved, it will move on to the Board of Supervisors for final approval.

For more information about the proposed redevelopment Project Area, go to the Agency's website at www.sfgov.org/sfra. Tom Evans, the Lead Planner can be contacted at 415-749-2539 or at tom.evans@sfgov.org.

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Visitacion Valley Police Report

Police Cases

*On Nov. 21 at 9:45 a.m. on the first block of Onondaga Avenue, a 75 year-old Portola woman left her purse unattended inside her unlocked parked car while she used a mailbox. A 42 year-old Oakland man entered the car and stole her purse. A witness gave chase and an officer broadcast the description of the thief. Another officer saw the man hiding the purse beneath a car on Mission Street and the victim identified her belongings and the perpetrator. The man was charged with felony theft, possessing stolen property, and had his parole violated. At 11:30 a.m. on the 200 block of Hahn Street, a 31 year-old Sunnydale woman was confronted at her front door by a robber who pulled her purse from her shoulder. The man fled with her valuables. He was described as a black male, 17 to 25 years old, 6' tall, 170 pounds, short black hair, wearing a blue jacket and blue jeans.

*On Nov. 22 at 7:55 p.m. on the 100 block of Britton Street, an officer investigated a Domestic Violence incident and arrested a 43 year-old Sunnydale man for felony battery.

*On Nov. 23 at 12:15 a.m. on the 1800 block of Sunnydale Avenue, an officer investigated a Domestic violence incident and named a 43 year-old Treasure Island man as a suspect. At 3:07 a.m. on the 2000 block of Sunnydale Avenue, officers broke up a fight and arrested a 27 year-old Sunnydale woman for felony battery in a Domestic Violence case. At 7 a.m. on the 200 block of Argonaut Avenue, two men spent the night drinking together and returned to one's apartment. They argued and struck each other. One got the better of the other and fled. The victim was treated at SFGH.

*On Nov. 24 at 1:50 a.m. on the first block of Brookdale Avenue, an officer investigated a Domestic Violence incident and arrested a 58 year-old Sunnydale man for making criminal threats and battery.

*On Nov. 26 at 7:20 p.m. at Ordway and Girard streets, a 24 year old Portola woman was pushed to the ground and robbed of her handbag. The suspects fled in a black SUV. They were described as Latin males, late teens, wearing black clothing.

*On Nov. 28 at 5:10 p.m. on the 100 block of Loehr Street, an officer investigated a family dispute and named a 69 year-old Sunnydale man as a suspect in an aggravated assault. The man had struck a rela-

tive with a hand axe. She was taken to SFGH for treatment.

*On Nov. 29 at 11:50 p.m. on the 2200 block of Bayshore Boulevard, a clerk was robbed of all the cash in the store's register. The robber was described as a black male, 30 years old, 5'6" tall, wearing a black baseball cap, a black nylon stocking as a mask, and black clothing.

*On Nov. 30 at 10:30 a.m. on the 1900 block of Sunnydale Avenue, a 21 year-old Sunnydale man was seen firing shots at another man. The perpetrator fled into an apartment. A police lieutenant and posse surrounded the home and demanded the suspect's surrender. He complied and was booked on three felonies. The man's parole was revoked, too.

*On Dec. 1 at 7:15 a.m. on the first block of Garrison Avenue, SFPD SWAT officers served a search warrant for Ingleside Station plain clothes officers in a narcotics investigation. Cocaine, a handgun, brass knuckles, and cash were seized. Two women, both in their early thirties, living in the home were arrested and charged with multiple felonies.

*On Dec. 2 at 4:20 p.m. on the first block of Brookdale Avenue, a woman found her estranged boyfriend inside her home. He threatened her and fled. Officers found the man in the neighborhood and arrested him, charging the 43 year-old Sunnydale man with three felonies. At 6:45 p.m. on the 100 block of Rey Street, officers investigated a Domestic Violence incident and named a suspect. They found the man nearby and arrested him for felony battery. The 34 year-old Visitacion Valley man was also possessing methamphetamine and heroin.

*On Dec. 4 at 9 a.m. on the 100 block of Blythdale Avenue an officer investigated a child abuse incident and named a 54 year-old Sunnydale man as a suspect. At 12:45 p.m. on Arleta Avenue, a rape victim reported that she had been sexually assaulted at home by her boyfriend on December 2. An officer investigated and named a suspect. A police sergeant and posse arrested the perpetrator, a 37 year-old Bernal Heights man, in San Mateo County and charged him with three felonies. Sex Crimes Detail took over the case.

*On Dec. 8 at 2:35 p.m. on the 200 block of Schwerin Street, witnesses reported shots fired in the neighborhood. Officers found a parked car with gunfire damage. No injuries were reported. At 4:13 p.m. at Girard and Silliman streets, officers responded to a call regarding a battery of a person using pepper spray. Officers spoke to the victim who stated that another car hit him from behind, while he was stopped at a sign. The victim got out of his

car and approached the person who hit him. The suspect sprayed the victim in the face with pepper spray and then grabbed a bat. The victim walked back to his car in an attempt to avoid more confrontation. The victim's wife also stated that they had been in a road rage incident with the suspect earlier. The suspect was placed under arrest and transported to Bayview Station without further incident. The victim was treated by medics for the pepper spray.

*On Dec. 10 at 3:35 p.m. on the 2200 block of Bayshore Boulevard, officers investigated a traffic collision wherein a woman had knocked a trash can into a store's window, breaking the glass. The woman fled from the officers in her car and was stopped in traffic on Leland Avenue. A Daly City officer assisted in the traffic stop and broke the car's window in order to arrest the woman, a 48 year-old Visitacion Valley resident. She was charged with Driving Under the Influence. At 11 p.m. on the 2100 block of Bayshore Boulevard, a worker sleeping in construction site awoke to find two prowlers who fled upon seeing him. No loss was reported. At 7:45 p.m. on the 200 block of Blythdale Avenue, an officer investigated a fight and named a 50 year-old San Francisco woman as a suspect in an attempted stabbing.

*On Dec. 11 at 3:15 p.m. at Visitacion Avenue and Mansell Street, a Bayview District man claimed that he was robbed of his car at gunpoint. His statement did not make sense an officer, who determined that the car had been involved in a hit-and-run collision in the Mission District. Nevertheless, the man insisted on filing a robbery report. At 9 p.m. at Crocker Amazon Park, a 24 year-old Crocker Amazon man said that he argued with his fellow soccer players. The argument escalated and the man was struck in the head with a metal bar, knocked to the ground, and beaten by three juveniles. An officer and posse found the culprits nearby and the victim identified his assailants. Three San Francisco teens were booked into the Juvenile Justice Center on felony assault charges.

*On Dec. 12 at 11:45 a.m. on the 100 block of Blythdale Avenue, an officer investigated a fight and named a 32 year-old San Francisco woman as a suspect in an incident wherein a pregnant woman was struck with a belt. At 7:06 p.m. on the first block of Blythdale Avenue, officers found a stolen car moving in traffic and stopped it. They arrested the driver, a 20 year-old Concord man, for stolen auto. The car had been reported stolen in Pleasant Hill.

*On Dec. 15 at 12:35 a.m. along the 2000 block of Bayshore Boulevard, officers stopped a car that had made an illegal left turn. Officers soon

learned that the vehicle had been stolen. Officers placed the driver of the vehicle into custody without incident. A computer check of the suspect also revealed that he is on parole with prior convictions for theft. The suspect told officers that he was driving the car to the customer from the auto body shop he works at.

*On Dec. 15 at 1:45 a.m. on the 400 block of Sawyer Street, a resident saw two men near a friend's car and realized that the men may have stolen the car's tires as it was resting on milk crates. He and the car's owner ran out to confront the thieves. The thieves entered a van and it drove away. An occupant of the van fired shots at the resident and the car owner. No one was injured. At 5:15 p.m. at Sunnydale Avenue and Hahn Street, witnesses reported hearing shots fired. Officers found shell casings in the street. No injuries were reported. At 8:40 p.m. at Santos Street and Velasco Avenue, a 22 year-old Visitacion Valley woman sitting on a Muni bus had her purse taken from her lap by a man. The woman was pulled from the bus as she struggled to keep her handbag. The robber, a black male in his early 20s, made off with the purse.

*On Dec. 16 at 6:12 p.m. on the 200 block of Nueva Avenue, officers responded to a call regarding a home invasion robbery. Officers spoke with the victim who stated that he was changing a tire inside his garage when he went inside the house for a moment. The victim returned to the garage to find two masked suspects pointing guns at him. The suspects took cash from the victim and tried to run up the stairs to get into the house. The victim's wife saw them coming and locked the door. The suspects ran back outside and up the street. No one was injured during the incident.

*On Dec. 18 at 10:20 a.m. on the first block of Brookdale Avenue, a police sergeant and posse surrounded an apartment that a witness saw two teens break into. One burglar was arrested at the rear door as he tried to escape and the other was found hiding in an upstairs closet. A police inspector from Burglary Detail took over the case and both perpetrators were booked into the Juvenile Justice Center on burglary charges. At 11:30 a.m. on the first block of Calgary Street, a resident awoke to sounds at his front door and found that four men tried to break into his home. He frightened them off. At 9 p.m. on the 400 block of Mansell Street, a civilian employee who was working at the front desk of Bayview Station took a report from a victim regarding an aggravated assault. The victim told the employee that she was attacked by two suspects, who she attends school with. The victim stated that

she was not hurt and did not need medical attention and that the attack came after a verbal argument between her and two other students. The attack was stopped when school security walked into the room.

*On Dec. 19 at 1:30 p.m. on the 1600 block of Sunnydale Avenue, an officer and posse found four Sunnydale teens breaking into a rental office. The teens scattered but were caught. They were released to their parents on a promise to appear. At 11:15 p.m. on the 2100 block of Geneva Avenue, two gunmen followed a janitor into a restaurant which was closed for the day. They demanded money from the cash register. They pistol whipped the janitor and robbed him of his cell phone when he told them the register was empty. They were described as black males in their late teens wearing black masks and dark clothing.

*On Dec. 20 at 5:20 p.m. on the 1400 block of Sunnydale Avenue, a 26 year-old Bayview woman was shot in the arm as she walked from a grocery store. Her friends brought her to Bayview Police Station and then she was taken to San Francisco General Hospital. Her attacker was described as a black male in his 20s, 5'10" tall, 180 pounds, wearing a multi colored beanie, a lime green jacket and blue jeans.

*On Dec. 21 at 2:56 a.m. on Santos Street and Brookdale Avenue, a 20 year-old OMI District woman fought for control over her purse but her assailant took it from her. He was described as a black male in his mid 20s. At 4:15 p.m. on the 200 block of Blythdale Avenue, an officer investigated a fight between two friends and identified a 42 year-old Bayview District woman as an aggravated assault suspect.

Police Summaries

*Nov 20 Visitacion Ave. and Talbert St., burglary of residence, attempted forcible entry
 *Nov 20: 100 block of Loehr St., attempted robbery on street with bodily force.
 *Nov 20 400 block of Raymond Ave., stolen automobile
 *Nov 20: Pasadena St., robbery on street, strongarm.
 *Nov 20: San Bruno Ave. and Silliman St., robbery, bodily force.
 *Nov 21: 8 p.m., 1500 block of Silliman St., burglary occurred between 7:30 a.m. and 6 p.m., no forced entry found, stuffed animals taken
 *Nov 21: Girard and Burrows Sts., battery
 *Nov 21: San Bruno Ave. and Bacon St., attempted robbery on street with bodily force
 *Nov 21 Somerset and Felton Sts., stolen automobile.
 *Nov 21: Tunnel and Visitacion Aves., stolen automobile.
 *Nov 21: Visitacion Ave. and Cora St., attempted robbery with bodily force.
 *Nov 21: 200 block of Hahn St., robbery on street, strongarm.
 *Nov 21: First block of Leland Ave., one detained in gang investigation.
 *Nov 21: 1600 block of Sunnydale Ave., vandalism to building, broken windows
 *Nov 22: Cora St. and Visitacion Ave., traffic collision, hit and run, no injuries
 See Next Page

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page, \$60; 1/2 Page \$33.75, 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8, 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

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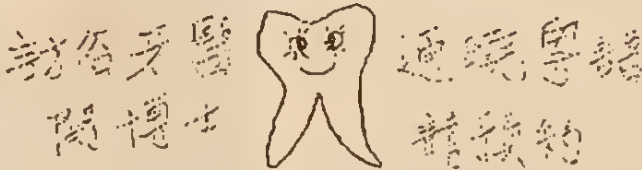
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Police Summaries

*Nov 22: 11:30 p.m., First block of Brookdale Ave., burglary occurred between 10 a.m. and 11 p.m., forced entry via window, jewelry taken.
*Nov. 22: 100 block of Britton St., battery
*Nov. 22: 100 block of Blythdale Ave., aggravated assault with deadly weapon.
*Nov 23. 1800 block of Sunnydale Ave., battery
*Nov. 23 Hamilton and Wayland Sts, stolen automobile.
*Nov 23 100 block of Blythdale Ave., malicious mischief, vandalism of vehicles.
*Nov 23: 200 block of Argonaut Ave., aggravated assault with deadly weapon
*Nov 23: 200 block of Argonaut Ave., robbery, armed with dangerous weapon.
*Nov 24: 7 p.m., 100 block of Hahn St., burglary occurred between 10 a.m. and 6 p.m., forced entry via a back window, cash and camera taken.
*Nov. 24: Blythdale Ave. and Santos St., 26 year-old Sunnydale man arrested for violating a court order.
*Nov 24 McCarthy and Argonaut Aves., petty theft auto strip.
*Nov 24. Hahn St. near Sunnydale Ave., burglary of apartment house, forcible entry.
*Nov 24 San Bruno Ave. between Silliman St. and Silver Aves., battery
*Nov 24 San Bruno Ave. between Silliman St. and Silver Aves., battery of police officer
*Nov 24: San Bruno Ave. between Silliman St. and Silver Aves., malicious mischief, vandalism of vehicles
*Nov 24 Blythdale Ave. and Santos St., possession of marijuana
*Nov 24 Silver Ave. and Holyoke St., aggravated assault with deadly weapon
*Nov. 24 Silver Ave. and Hamilton St., robbery on street, strongarm.
*Nov. 24 First block of Brookdale Ave., battery
*Nov 24 Girard and Felton Sts., malicious mischief, vandalism of vehicles
*Nov 25: 1800 block of Sunnydale Ave., malicious mischief, breaking windows
*Nov 25: 100 block of Blythdale Ave., burglary of apartment house, forcible entry
*Nov 26: San Bruno Ave. and Olmstead St., malicious mischief, vandalism of vehicles
*Nov 26 Silliman and Holyoke Sts, stolen automobile.
*Nov 27 Sunnydale Ave. and Delta St., stolen truck.
*Nov 28 1200 block of Sunnydale Ave., aggravated assault with deadly weapon.
*Nov 28 First block of Santos St., malicious mischief, graffiti.
*Nov 30: Goettingen and Marsell Sts., malicious mischief, vandalism.
*Nov 30. Delta St. at Tioga Ave., petty theft from locked auto
*Nov 30 Rutland St. and Tucker Ave., malicious mischief, vandalism of vehicles
*Nov 30 1900 block of Sunnydale Ave., aggravated assault with gun.
*Nov 30: Blythdale Ave. and Hahn St., burglary of apartment house, forcible entry
*Nov 30. Brussels and Felton Sts., stolen automobile
*Dec. 1: First block of Brookdale Ave., malicious mischief, breaking windows
*Dec. 1. 1700 block of Sunnydale Ave., two detained in parole investigation.
*Dec. 1: 1500 block of Sunnydale Ave., burglary of residence, unlawful entry
*Dec. 2 First block of Arieta Ave., forcible rape, bodily force.
*Dec. 2 100 block of Leland Ave., forged or altered prescription.
*Dec. 2 Goettingen and Marsell Sts., malicious mischief, vandalism.
*Dec 2: Ordway and Brussels Sts., petty theft from locked auto.
*Dec 2 Sawyer St. near Sunnydale Ave., possession of marijuana for sales
*Dec 3: 1900 block of Sunnydale Ave., '97 Buick stolen.
*Dec 4 100 block of Blythdale Ave., aggravated assault with bodily force
*Dec 4 Arieta Ave. and Elliot St., stolen and recovered vehicle
*Dec. 5 200 block of Leland Ave., 4th grader admonished for shoplifting
*Dec. 5: San Bruno and Wilde Aves., battery, suspect unknown.
*Dec 5 100 block of Schwenn St., found person, adult.
*Dec. 5. 1600 block of Valencia St., threats, Internet.
*Dec. 5. Visitacion Ave. and Sawyer St., 47 year-old Portola District man arrested for battery and disorderly conduct, drunk.
*Dec 6: 200 block of Blythdale Ave., '07 BMW recovered
*Dec 6: 1000 block of Goettingen St., dog attack, woman bitten, suspect identified
*Dec 6 200 block of Santos St., vandalism to building and parked car
*Dec 6 Girard St. near Ordway St., petty theft of property
*Dec 6 First block of Teddy Ave., malicious mischief, vandalism of vehicles
*Dec 7 Santos St. near Brookdale Ave., malicious mischief, breaking windows
*Dec 7 200 block of Hahn St., malicious mischief, breaking windows
*Dec 8: 200 block of Blythdale Ave. harassing phone calls.
*Dec 8 First block of Gamson Ave., found person, juvenile.
*Dec 8. 100 block of Goettingen St., battery, suspect known.
*Dec 9 First block of Santos Ave., lost property, wallet.
*Dec 9 1700 block of Sunnydale Ave., '91 Acura recovered (San Pablo PD case)
*Dec 9: 1700 block of Sunnydale Ave., '88 Chevrolet stolen, suspect seen brandishing a handgun, black male in early twenties wearing a grey beanie
*Dec 10: Carrizal St., theft from unlocked vehicle
*Dec 10: 100 block of Peabody St., mental health intervention.

*Dec 10 1300 block of Sunnydale Ave., found person, juvenile.
*Dec. 10 1600 block of Sunnydale Ave., seven year-old admonished for shooting playmate in head with BB gun, no injury
*Dec 10. 1900 block of Sunnydale Ave., 18 year-old Sunnydale man arrested on local felony narcotics warrant.
*Dec 11 7-15 p.m., 200 block of Blythdale Ave., burglary occurred between 11 a.m. and 7 p.m., entry via an open window, apartment ransacked, no loss reported
*Dec 11. First block of Blythdale Ave., court order violation.
*Dec 11 200 block of Blythdale Ave., criminal threats, suspect known.
*Dec. 11. 700 block of Delta St., found person, juvenile.
*Dec. 11. Geneva Ave. and Santos St., vandalism, hydrant knocked over
*Dec. 12 400 block of Argonaut Ave., fraud, false bank accounts opened in victim's name
*Dec 12 100 block of Blythdale Ave., vandalism to building, broken windows, suspect known.
*Dec 12 Carrizal St., 27 year-old Bayview District man arrested for DUI after traffic collision.
*Dec 12 First block of Heritage Ave., battery, suspect known.
*Dec 12 1400 block of Silliman Ave., vandalism to parked vehicle
*Dec 12 San Bruno Ave., theft, pickpocket on Muni.
*Dec 12 900 block of Visitacion Ave., mental health intervention.
*Dec 13: Arieta Ave. and Bayshore Blvd., traffic collision, no injuries, one party was an unlicensed driver had his car impounded
*Dec 13. 100 block of Blythdale Ave., vandalism to building, broken windows
*Dec 13. 200 block of Blythdale Ave., 24 year-old Sunnydale woman arrested for disorderly conduct (drunk) and for a San Mateo County misdemeanor warrant. Case 081327781
*Dec 13: 1800 block of Sunnydale Ave., vehicle used in attempted robbery on Dec. 10 located and impounded.
*Dec 13 900 block of Visitacion Ave., 35 year-old Sunnydale man detained in court order violation investigation
*Dec 14 First block of Blythdale Ave., battery, suspect known
*Dec 14 1400 block of Silliman St., mental health intervention
*Dec 14 1600 block of Sunnydale Ave., public housing lease violation.
*Dec 14 1700 block of Sunnydale Ave., two 18 year-old Sunnydale men cited for interfering with an investigation.
*Dec 14 1800 block of Sunnydale Ave., auto burglary
*Dec 15 200 block of Blythdale Ave., vandalism to building, broken window
*Dec 15 200 block of Hahn St., vandalism to parked car
*Dec 15: 200 block of Leland Ave., '93 Infinity recovered
*Dec 15. Rutland St. & Visitacion Ave., auto burglary
*Dec 15 1700 block of Sunnydale Ave., 39 year-old Sunnydale man arrested on Solano County felony warrant.
*Dec 15 Sunnydale Ave. & Gamson St., 34 year-old Bayview District man arrested on two (San Francisco and Contra Costa counties) warrants.
*Dec 16 100 block of Blythdale Ave., 22 year-old Sunnydale woman arrested on local misdemeanor warrant.
*Dec 16 100 block of Britton Ct., auto burglary: two cars entered
*Dec 16: Castillo St., found person: adult.
*Dec 16: 700 block of Delta St., missing person, juvenile
*Dec 16: Gamson Ave. and Rey St., one detained in gun investigation.
*Dec 17 1800 block of Sunnydale Ave., burglary of residence, unlawful entry
*Dec 18 Brookdale Ave. and Santos St., two detained in threats investigation.
*Dec 18 3500 block of San Bruno Ave., court order served
*Dec 18 Sunnydale Ave. and Peabody St., criminal threats.
*Dec 18: 300 block of Schwenn St., auto burglary investigation.
*Dec 19: 7 a.m., 600 block of Hamilton St., burglary, entry made through garage door window, loss was television and laptop
*Dec 19 McLaren Park, '99 Toyota recovered.
*Dec 20 8:50 a.m. 1100 block of Bowdoin St., entry made through front door locked in by the suspect, no loss
*Dec 20 12 noon, 600 block of Visitacion Ave., attempted burglary occurred between Dec. 13 and 20, forced entry via front gate and front door, no loss reported
*Dec 20 1300 block of Brussels St., death case, cause unknown.
*Dec 20 100 block of Raymond Ave., auto burglary
*Dec 21 1:40 p.m., 200 block of Sawyer St., burglary occurred between 11:50 a.m. and 12:20 p.m., forced entry via rear window, safe containing money and jewelry taken
*Dec 21 100 block of Blythdale Ave., '96 Ford recovered
*Dec 21. First block of Hahn St., auto burglary
Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

Family Appreciation Day
San Francisco families with children can enjoy 32 of the City's world class museums and attractions free on Sunday, Jan. 11. Times vary by location. Kids can ride Muni and the S.F. Cultural Bus free from 10 a.m. to 4 p.m. when accompanied by a paying adult. For more information, see www.SFKids.org


Frustrated With Child's Defiant Behavior?

by Jacob Azerrad, Ph.D
In the supermarket checkout line, your three year old leans out of the grocery cart and grabs a candy bar. You say, "You've had enough candy today," then take the bar and put it back. He lunges for the rack wailing, "I want candy NOW!" You try to get through the line before the tantrum escalates out of control. Too late. He's banging his feet, flailing for candy and screaming at the top of his lungs.
When you ask people how they deal with defiant behavior and tantrums, parents, teachers, or your pediatrician are likely to say this defiance is a sign of a "chemical imbalance." They point to a host of drugs that "treat" these behaviors. But are drugs the answer? Whatever happened to the Terrible Twos? Wasn't it a normal stage every parent expected their child to go through?
The good news is, it is a stage but contrary to what all the professionals have told you, your child won't out-grow it without your firm guidance and direction. In fact, defiance is a young child's expression of something quite worthy: the desire to grow up. So what do you do when these behaviors start? Throw a party may seem like the last thing you want to do, but this is a new stage in your child's development and in your life as a parent. It's time to teach your child two essential life skills. How to:
1. Respect the needs of others.
2. Exercise self-control.
These are essential life skills all children need to learn in order to be successful at their jobs, to make and keep friends, and to find a life partner and raise families of their own. A life filled with friends, family and prosperity are gifts every parent wants for their child. There is a tried and true method to help your child grow into a caring, responsible adult. A method that focuses on cultivating and nurturing not just good behaviors but relationship skill (social skill) behaviors, the fourth "R." After reading, writing and arithmetic there is relationship.
Out-of-control behavior in children has become an epidemic and so have the medical "solutions." When you share your frustration about your child's behavior with your pediatrician, s/he is more likely to suggest your child may have ADD or ADHD rather than say they're showing a healthy desire for independence and now it's time to set limits and boundaries. Or you may have read about childhood bipolar, sensory integration disorder or sensory processing disorder and fear your child has one of those disorders! A Frontline documentary, The Medicated Child, examined the scandal of medicating children as young as 4 with powerful psychotropic drugs untested on children. One frustrated parent says, "No where we ever turned was there this therapeutic solution, nobody every said we can work without this drug therapy. Everywhere we looked it was take meds, take meds, take meds." But there is a non-drug alternative! An approach that's so simple it's radical:
*A time-tested method that combines the goals of a therapeutic approach with the behavioral commonsense approach of our grandparents.
*A method that understands a child's healthy desire to grow up and their desire for attention, and nurtures qualities that will help a child grow up to be a caring, responsible adult.
Parents must redefine for their child what it truly means to be grownup. This redefinition is critically important! Children think defiance and demanding behaviors mean being grown-up. Being self-centered is not grown-up behavior, but respecting the needs of others is. Being demanding, yelling or hitting is not grown-up but learning how to wait your turn, sharing with friends and siblings, exercising self-control is grown-up.
Before the 1960s, when a child en-

tered their Terrible Twos, parents usually spanked the child who misbehaved. When the '60s counter-culture generation rejected authority, especially parental authority, they also rejected traditional childrearing methods. That dovetailed with the rise in a psychological approach to problem solving, an approach that encouraged methods urging parents to "understand" their child's motives, telling them that "the biter needs the most comfort" or "don't get furious get curious." The problem with cajoling and reasoning, or hugging a tantrum is – it doesn't work! Witness a generation of self-absorbed children and young people, still living in an extended state of toddlerhood!
Parents have been taught to focus their love and attention on the very behaviors that drive them crazy. They love their children into behaving badly, then a doctor diagnoses them with a disorder and prescribes drugs! Children just want to grow up. At 2 and 3 years old their defiant behavior says "You are not the boss over me!" Being grownup is being caring towards others and taking disappointment calmly; it's grownup to have self-control. And those are the behaviors you want to reward with your love and attention. Because it is your attention and love that your child wants!
Parents need to learn three important parenting skills:
1. Notice caring and social skill behaviors, such as putting toys away with out being asked, sharing with a friend or sibling etc.
2. Praise that behavior. Not just "good job" but "You handled that like a big boy/girl. I'm so proud of you!"
3. Immediately follow the praise by doing something with your child that they enjoy.
Here is a concrete example of the method. Your three year old has a favorite pair of shoes. You're in a hurry to get out the door and don't have time to look for them. She says, "That's OK Mommy, I can wear them tomorrow." In the moment, you praise her patience and later that day you do two things:
1. You say: "I know how disappointed you were when you couldn't find your shoes. I was so proud of you. You said 'That's OK Mommy, I can wear them tomorrow.' You handled that like such a big girl!"
2. Then spend 5-10 minutes of special time with your child.
Of course there are children who have serious problems that can not be resolved without intensive intervention and psychiatric medication but those cases are much rarer than parents think. What's much

VISITACION VALLEY GRAPEVINE - JANUARY 2009 - 9
more common is the perfectly normal child who has simply learned to misbehave because it's an effective way for him/her to get what they want. It's obvious that if children can wip attention by being patient, kind and grown up they don't need to have tantrums, throw things or hit. Children have enough common sense to figure this out. Parents can also rely on their common sense to figure out the same things.
But what about serious and destructive behavioral issues? What should you do when your child hits, bites, throws food or has a tantrum? Use Time Out. Many parents say, "I'm already using time out and it doesn't work!" If you are "reasoning" with your child while they're sitting in their time out corner, or if you've sent your child to their bedroom full of computer games, videos and toys "to think about their misdeeds" then you are not using a REAL Time Out.
We don't spank our children anymore and that's a good thing! But children need discipline and consequences. TimeOut is a short-hand term for time-out from reinforcement, it is not a time to calm the child or for him or her to reflect on misdeeds but time away from mom and dad's attention, away from the wonderful world of play and stimulation – nothing to look at, nothing to do, nothing to listen to and no one to talk to.
Children need discipline and consequences for out-of-control, or harmful behavior. Time out is often recommended but people rarely use it properly, which is why many people say it doesn't work. Time-out is extremely effective when used properly.
A real time out is total nothingness for 3 – 4 minutes, regardless of age. Nothing to look at nothing to do and most importantly – NO PARENTAL INVOLVEMENT. No talking, discussing, explaining or lecturing. Remember a child craves your attention, so even yelling is preferable to no interaction at all.
When a child hits or bites, immediately name it and say, "We do not bite our sister." "We do not hit." And put them in time out where there's no stimulus. Soon the child will pair those words with the time out experience.
Parents can guide children to be helpful, kind and caring adults. That's their job. It isn't the job of doctors, pills or the pharmaceutical industry. It's up to parents to "say no to drugs" and teach their children that life is meant to be learned and experienced – it's not just a pill to be swallowed.
Jacob Azerrad, Ph.D. is a clinical psychologist, in private practice in Lexington, Massachusetts. He is the author of From Difficult to Delightful in just 30 Days (McGraw Hill) and Anyone Can Have a Happy Child (Warner Books). Visit him online at www.jacobazerrad.com.

Greenway Opens Native Plant Garden



The Native Plant Garden is the newest of the Visitacion Valley Greenway.

The Visitacion Valley Greenway Project officially opened a new Native Plant Garden adjacent to Rutland Street between Tioga and Tucker avenues with a Saturday morning reception on Dec. 20. A festive grand opening is also planned in the spring for all six of the Greenway sites where the

history of the award-winning Greenway will be discussed along with the need for community help in its maintenance.
In order to maintain the parks, work parties will be held every Saturday from 10 a.m. to 12 noon (except the second Saturday of the month). Call 468-0639 for further information

Grapevine Puzzler U.S. Vice Presidents

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Adams	King	Roosevelt	Johnson
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Clinton	Johnson	Marshall	Ford
Gerry	Colfax	Coolidge	Rockefeller
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Tyler	Morton	Truman	Cheney
Dallas	Stevenson	Barkley	Biden
Fillmore	Hobart	Nixon	

Historic Proportions

1864

Match clues to answers.

- Admitted on Oct. 31 as the 36th U.S. state.
- Reelected on Nov. 8 in an overwhelming victory over George McClellan.
- President on July 18 issued a true proclamation of conscription of 500,000 men.
- This began on Mar. 10 as Union troops reached Louisiana.
- Cyclone on Oct. 5 killed 70,000 people.
- Judicial reform launched here on Nov. 20.
- Organization founded Aug. 22 in Geneva, Switzerland.
- Conflict began Feb. 21 as Prussian troops entered Denmark.

As a Matter of Fact

- A worker who regulates the fire in a glass-blowing factory is called a teaser.
- Peter the Great, Tsar of Russia, was almost seven feet tall.
- The first letter to circle the globe by air mail was dispatched from New York on April 19, 1937 and, after traveling through San Francisco, Hong Kong, Holland and Brazil, returned to New York on May 25, 1937.
- The ancient Egyptians slept on pillows made of stone.
- The word *addles* in the phrase *warm the cockles of one's heart* comes from the Latin phrase *cochleae cordis*, meaning ventricles of the heart.

Grapevine Five Years Ago

JANUARY 2004

- National, statewide and city officials along with many Visitation Valley residents celebrated a continuing transformation of the neighborhood Nov. 22 when a \$4.6 million one-stop community center at 1099 Sunnydale Ave. was unveiled as the latest positive development for Visitation Valley residents.
- Young Community Developers, a community-based organization, placed more than 100 workers from local communities along the Third Street Light Rail Project in construction jobs.

Sump, the Gump



Baby Boomers

by Rix Quinn

Dear Rix: How has television changed since Boomers were children? -Frequent TV Viewer

I think the biggest change is decline in the number of variety shows. In the 1950s and 1960s, those programs were probably the most popular on television.

The variety show that gathered the most votes in our Boomer survey was Sunday night's Ed Sullivan Show.

Favorite Grade

By a small margin, members of our Boomers focus group selected fourth grade as their favorite school year. Not surprisingly, several panelists picked the quality of the year by how much they liked the teacher.

"That year I had a male teacher," said P.M. "He wanted to start an elementary school track team. The students competed in quarter-mile relay races with eight stations, and we raced against other city elementary schools."

R.R. also ranked fourth grade tops. "It was the only year in elementary school I had classes in different rooms with different teachers. I loved social studies, and we learned about different places in the world."

"In junior high," one Boomer remembers, "our family would watch Ed Sullivan and Jackie Gleason along with Your Hit Parade and the start of American Bandstand. My siblings and I would laugh and dance, and make believe we would one day be on television."

Boomer Survival

To all the kids who survived the 1930s, '40s, '50s, '60s and '70s:

*They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

*Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.

*We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

*As infants and children, we would ride in cars with no car seats, booster seats, seat belts or air bags.

*Riding in the back of a pickup on a warm day was always a special treat.

*We drank water from the garden hose and not from a bottle.

*We shared one soft drink with four friends, from one bottle and no one actually died from this.

*We ate cupcakes, white bread and real butter and drank Koolade made with sugar, but we weren't overweight because we were always outside playing.

*We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

*No one was able to reach us all day, and we were okay.

*We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

*We did not have Playstations, Nintendo's, X-Boxes; no video games at all, no 150 channels on cable, no video movies or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet or chat rooms. We had friends and we went outside and found them!

*We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

*We ate worms and mud pies made from dirt, and the worms did not live in us forever.

*We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

*Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!

Celebration of Winter at "Little Vis"



Visitation Valley Elementary School celebrated its Winter Festival on Dec. 18 with two multicultural assemblies attended by more than 100 parents. All classes at "Little Vis" participated and performed on stage.

San Francisco Receives State Award for Treasure Island Redevelopment Plans

Mayor Newsom announced Dec. 4 that California Governor Arnold Schwarzenegger presented the City of San Francisco with the 2008 Governor's Environmental and Economic Leadership Award (GEELA).

The City received the GEELA award in recognition of its ambitious redevelopment plans for Treasure Island in the Sustainable Communities category. The project plans were recognized as exceptional for their breadth, environmental and economic impact, and value to California's environment and economy.

"San Francisco's Treasure Island Redevelopment Plan provides a model of how communities can grow sustainably and prosper economically," said Mayor Newsom. "It is a unique and innovative approach to development, and works to preserve our precious resources for future generations."

The cornerstone of the Treasure Island Redevelopment Plan is the creation of the most sustainable large development project in United States history. The project outlines a vision for a transit-oriented community with green infrastructure and buildings, and innovative strategies for creating habitat, protecting natural resources and promoting economic development

for those most in need.

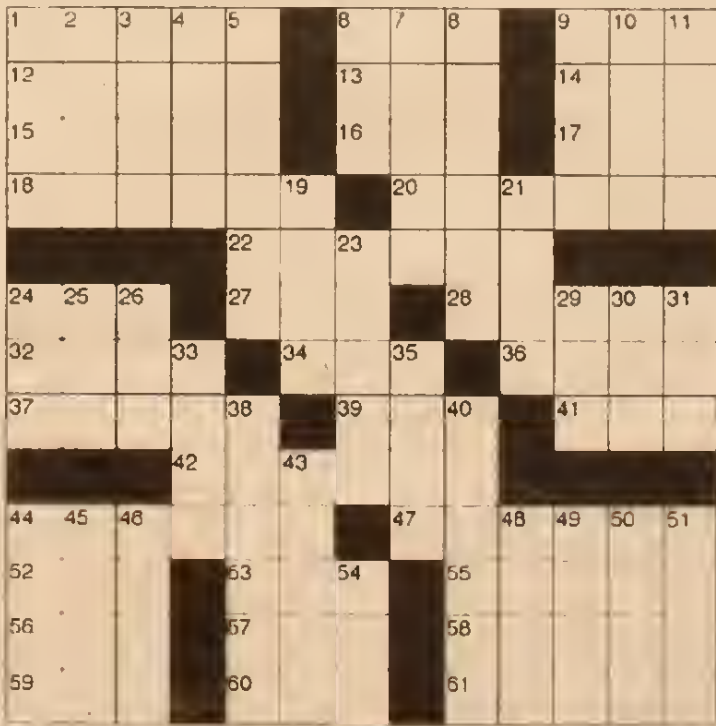
"The honor demonstrates our commitment to promoting sustainable strategies, and practices when building a new community," said Jared Blumenfeld, Director of the San Francisco Department of the Environment. "The redevelopment of Treasure Island represents a model of sustainability, environmental conservation, and the opportunity to contribute to California's economy."

GEELA is the State of California's highest and most prestigious environmental honor. The award program recognizes individuals, organizations, and businesses that have demonstrated exceptional leadership for voluntary achievements in conserving California's resources, protecting and enhancing the environment, and building public-private partnerships.

Award recipients are chosen in eight different categories based on their strength in eight specific areas including results, transferability, environmental impact, resource conservation, economic progress, innovation and uniqueness, pollution prevention, and environmental justice. The Treasure Island project was the sole recipient of the award in the Sustainable Communities category.

Crossword Puzzle

Solution on Page 6



- | | | | |
|-----------------------|------------------------|--------------------------|---------------------|
| ACROSS | formation | 60 Energy unit | 29 Tenth of a sen |
| 1 Metrical rhythm | 32 Arabic sea gulf | 61 Golf score | 30 Recommended |
| 6 Poetic contraction | 34 One who is (suf.) | DOWN | daily allowance |
| 9 Choice | 36 Acquired immune | 1 Project | (abbr.) |
| 12 Sp. Chaperon | deficiency syndrome | 2 Copper (pref.) | 31 Asbestos (abbr.) |
| 13 Cheer | (abbr.) | 3 Nipple | 33 Verne's captain |
| 14 First-rate | 37 Mount Sinai | 4 Uncanny (Scot.) | 35 Watercock |
| 15 Excess of solar | 39 Heir | 5 Irony | 38 Fair |
| year | 41 Grab | 6 Sphere | 40 Heed |
| 16 Bureau of Indian | 42 Max. president | 7 Azores Island | 43 Gr. Quadrennial |
| Affairs (abbr.) | 44 Sleep | 8 Gr. Author | festival |
| 17 Container | 47 Kettledrum | 9 Worthless trifle | 44 Couch |
| 18 Fr. Historical | 52 Hardwood | 10 Fleid | 45 Sleep (pref.) |
| provinces | 53 Alabama (abbr.) | 11 General (abbr.) | 46 Affirmative |
| 20 Chemist's pot | 55 Ancient tribe of | 19 Shorty | 48 Scientific name |
| 22 Caster | Britons | 21 Fertilizer ingredient | (suf.) |
| 24 Romanian money | 56 Monk | 23 Soft (Ger.) | 49 Ice mass |
| 27 Equal opportu- | 57 Abet | 24 Exclamation | 50 Indigo plant |
| nity employer (abbr.) | 58 Extract of cork | 25 Stir | 51 Queue |
| 28 Toothed | 59 Noun-forming (suf.) | 26 Grandfather of Saul | 54 Append |

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
WHOS BAD?, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 860 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.

CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLOORS
TEDDY B'S HARDWOOD FLOORS, 309-6342

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5890

GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave

HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LANDSCAPING
SAN FRANCISCO LANDSCAPES, 256 Talbert St., 585-9137, sfscapes.com

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER
SEE'S CANDIES INC., 345 Schwenn St.

MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
OR SAM HO. MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NDRTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)

PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel)
2858 San Bruno Ave 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
WILLIEL BROWN, JR. TEEN CENTER, 1652 Sunnydale Ave., 584-6099

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044

JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001

SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave., 841-1683

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Adela Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
JUSTYNAP TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax: (650) 246-1910
LaFLUE WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8583
CATHY KUINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163

RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999
G & L BAKERY & RESTAURANT, 198 Leland Ave. 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAVANT TAQUERIA, 98 Leland Ave., 587-7721
TWO JACK'S, 167 Leland Ave., 337-0433

SCULPTOR
CARTORIGINALS (Mikael Cartor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave. 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOM), 91 Leland Ave., 585-2338

TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Financial Resolutions in Difficult Times

by Jason Alderman

Many folks are happy to see 2008 fade into the distance. Between the rollercoaster stock market, tightening credit availability and falling home values, most of us have taken a financial beating.

With a new year upon us and plenty of opportunities to learn from past mistakes, here are a few financial resolutions that make sense for these troubled times:

Trim expenses. Many people have gotten out of the habit of watching their spending. A few relatively painless ways to save hundreds – or thousands – of dollars a year include:

*Regularly balance your checking account to avoid bounced check and overdraft charges. And try not to use ATMs outside your bank's network.

*If your employer offers them, use flexible spending accounts to pay for health and dependent care expenses with pretax dollars. If you're in the 25 percent federal tax bracket, that means expenses you'd have paid for anyway will cost 25 percent less.

*Reduce energy bills by turning down the thermostat, weatherproofing your home, turning off "energy vampire" appliances when not in use and buying energy-efficient appliances.

*Cut back on restaurant meals and to-go coffee and brown bag your lunch to work.

*Raise insurance deductibles; and while you're at it, shop around for better rates.

Track your credit. A bad credit rating can disqualify you for a mortgage, car loan and credit cards, or raise your existing interest rates; plus it may prevent you from renting an apartment or getting a job. Order one free credit report per year from each of the three major credit bureaus at www.annualcreditreport.com.

Review your credit reports for errors or fraudulent activity and report any you find to the bureaus immediately. For tips on ways to improve

your credit score and to get a free estimate of your score, visit *What's My Score* at www.WhatsMyScore.org.

Use credit cards wisely. Some banks and retailers have begun tightening eligibility requirements and lowering credit limits for their credit cards, so it's important to use your existing accounts wisely. A few tips:

*Always pay at least the minimum amount due and never miss payments or due dates. Any of those actions could generate fees or raise interest rates.

*Don't overburden any particular card or use more than 30 percent of its available credit – that can ding your credit score.

*If you've got outstanding balances on multiple cards, try to pay off the ones with higher interest rates first – that can save you hundreds of dollars over the long term.

Stick to your budget. Spending more than you bring in is a recipe for disaster. Plus, you should have several months' living expenses set aside in case you should lose your job, have a medical emergency or experience other unplanned events. Visa Inc.'s free personal financial management site, Practical Money Skills for Life, features an easy-to-use, downloadable tool called My Budget Planner that can help you track income and expenses and make spending adjustments where necessary (www.practicalmoneyskills.com/mybudget).

Prepare for the worst. If something terrible happened to you, would your family be protected financially? Make sure you have a valid will, durable power of attorney, health care proxy and a living will, along with adequate disability and life insurance.

No one can accurately predict when our economy will turn around. So take a few steps now to protect your family's financial security in the meantime.

Jason Alderman directs Visa's financial education programs

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Building Literacy with Games and Activities
Saturday, January 24
10:30 a.m. - 1 p.m.

Interactive/Child Activities

Happy New Year! Gong Xi Fa Cai!

Thursday, January 15
4:30 - 7 p.m.
at VVCC Library

Every Wednesday

January 7 and 14
6 - 8 p.m.

Men's Classes Facilitated by Before The After FREE Refreshments



Free Food Distribution

Every Monday,
3 - 4 p.m.
January 5, 12,
19 and 26
Emergency food box available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

January 2009 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
January 1 to 31, 9:30 a.m. - 4:30 p.m.

Male Involvement Group

"Bonding with Your Children" at 66 Raymond Ave.
Saturday, January 17, 10 a.m. - 12 noon

Parents and Children Drop-in Arts and Crafts

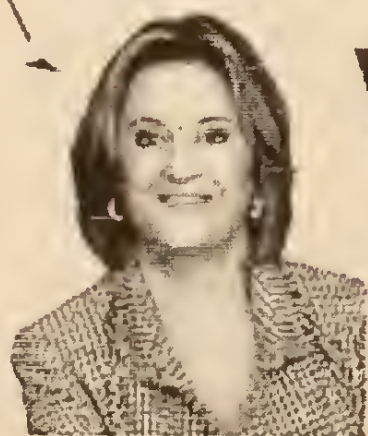
Looking for a safe environment to hang out with your children? Come check us out for arts and crafts activities or pick up a book to read with your children!

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan, Jenny Sosa



161 Leland Avenue, San Francisco, CA 94134

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I have been studying
Visitacion Valley
for a long Time.

Cathy Kline Saunders
CRAI 2006

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